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ANNUAL AWARDS BANQUET PRESENTS: *PLAYING TO WIN*



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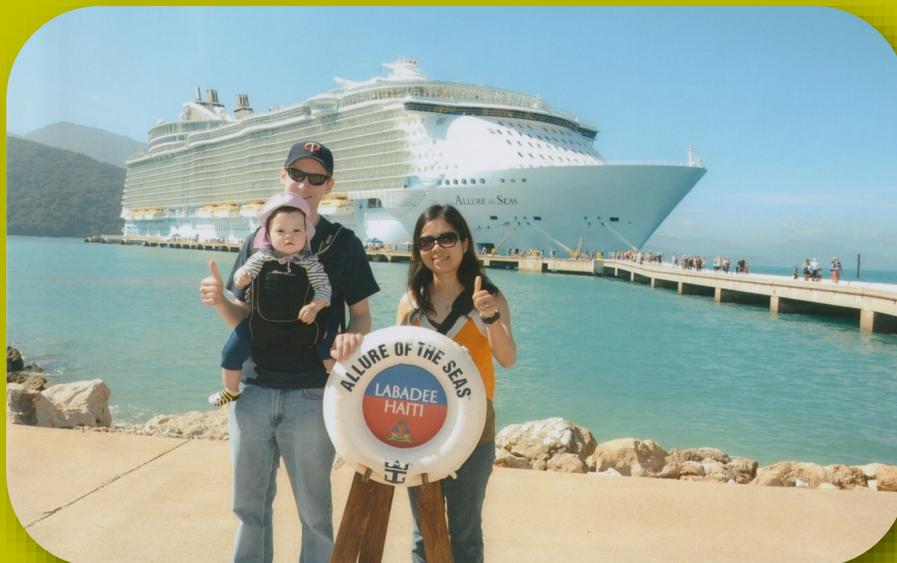


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PRESIDENT'S MESSAGE



Twenty-one years ago, a small group of Sandy Pointers in New York formed the Sandy Point Benevolent Society (SPBS). We adopted a motto, "Empowerment through Education ... we give back so others can move forward". Our mission statement reads, "to strengthen our hometown Sandy Point community via support for educational institutions and positive youth activities."

That simple statement distills so much of what is unique about the SPBS. We **give back**, because we know that we are far stronger together than we could ever be alone. We **take action**, because we are not dreamers, but doers. We work **for others to move forward** in a way that will endure long after our involvement has ended – in the community of Sandy Point. And perhaps most important of all, we work to strengthen our hometown through the support of our educational institutions and positive youth activities – in so doing, we are not only building a better world around us, but we are becoming better people ourselves.

A quotation attributed to French writer Antoine de Saint-Exupéry states: "If you want to build a boat, don't begin by collecting wood, cutting boards, or assigning tasks. Begin by awakening in the souls of your workers a longing for the vast and boundless sea." Each of us came to SPBS because we had a longing – to have an impact, to make a difference, to be part of something larger than ourselves. That desire, that vision for a better world and our role in building it, is what drives us in SPBS. It's what made us become members; it's what motivates us to serve, and it's what led us to choose our theme for this 21st year – "Playing To Win".

To put into perspective how 21 years of service has impacted the people of our community and country is to highlight the exceptional contributions made by our great organization and the tireless work being done to sustain these important initiatives. Our scholarship and mentorship pool has grown exponentially over the 21 years.

- The Principal Award: This is where we started! We have gone from one (1) scholarship of US\$200 to the Valedictorian from Sandy Point Primary School to three (3) scholarships of US\$300 each to the Valedictorian from each of the feeder schools (SPBS Principal's Awardees) to the CEMSS. We remain totally committed to supporting these Principal Award Winners:

- US 1000 to each SPBS Principal Award Winner entering College
- US \$500 to each SPBS Principal Award Winners graduating CFBC
- US \$400 to each SPBS Principal Award Winner graduating CEMSS

- The Sir Hugh and Lady Claudette Rawlings Graduate Scholarship of US \$2,000 to any graduate of CEMSS pursuing graduate studies;
- The Ridley-Guishard Memorial Scholarship to two (2) socio-economically challenged natives of Sandy Point and graduates of CEMSS pursuing an undergraduate or higher degree, each valued at US \$2,500;
- Three (3) Warner's Excellence of Education Scholarships (WEE Scholarships) each valued at US \$500 to two (2) students from CEMSS with the best CXC results and one (1) from Verchilds High School with the best CXC results.
- In 2018 we found a new collaboration partner in The Monroe College. We now provide up to six scholarships for eligible candidates via Monroe College.

The progress with our donations to SPBS/CEMSS is clear! In 1997, we donated a full-size skeleton & some anatomy charts valued at about \$500. In 2015, we donated a state of the art intercom to the tune of over twenty thousand dollars (US \$20,000). In 2016, we donated a 26-piece Steel Pan orchestra valued at some twenty-six thousand dollars (US \$26,000).

Not content to rest on our laurels, we will set our sights even higher. As we educate the leaders of tomorrow, we will increase the impact of our scholarships, redefine educational and youth investment, and engage Kittitian and Nevisian society far beyond Sandy Point. And we need your help to do it. Your continued loyalty, support, and enthusiasm have been the bedrock of our success to date. Let's continue to build an exciting future for this great organization – together.

SPBS is committed to the discovery and transmission of knowledge. We endeavor to educate a new generation of leaders – men and women who will be capable of shaping the future with vision, justice, and charity – with a sense of calling, with concern for all of the human family. We pursue this challenge because it is a worthy goal for any organization like ours – an organization that is uniquely suited to be a beacon of hope and light for all Sandy Pointers.

I am excitedly looking forward to the successes that 2019 will bring with the help of all of you.

Thanks for your support.

Stewart Williams

Stewart Williams, PhD.,

Founder & President

The Sandy Point Benevolent Society, Inc (SPBS)

BANQUET PROGRAM

PART 1

Cocktail and Musical Prelude

PART 2

National Anthems of Federation of
St. Kitts and Nevis & USA

Invocation & Blessing of Food

Welcome and Acknowledgement
of Guests

Dr. Stewart Williams,
President of SPBS

Remarks by Patron
Dr. Thelma Philip-Brown

PART 3

Dinner
Entertainment

PART 4

Tribute to Star Shield

Introduction of Keynote Speaker
Mr. Albert Evans

PART 5

Presentation of Awards

PART 6

Raffle Drawing

PART 7

Song and Dance: Breakaway Brass
Band



Dance, Dance, Dance



MEMBERS PROFILE



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Chairman Editor



Dr. Stewart Williams
President



Charles Mills
Vice-President



Trevor Hanley
Treasurer



Collette Joseph
Secretary



Veronica Assent



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PRO,



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Local Chairperson—St. Kitts



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Fund Raiser, Coordinator



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Winston Benjamin
Entertainment



Anthony Warner



Trevor Duggins



Terniqua Osborne
Social Media & Co-Editor



Kenyatta Garvey



Leah Jones-Joseph



Dennis Warner



Alrick Warner



Vincent DeSuza
Fund Raising & Entertainment



Elsa Revan



Hansill Buntin
Fund Raising & Entertainment



William V. Hodge



Eloise Herbert



Ian M. Queeley



Dorita Lewis



Shermin Stevens



Desiree Gumbs
*Mentor
& Contributing Editor*



Jackiema Flemming

PATRON: Ambassador Thelma Phillip-Browne



EMBASSY OF ST. KITTS AND NEVIS



PLAYING TO WIN!

The final whistle was but five minutes away! Two incredible interceptions made by our defenders, a stolen center-pass, all deftly converted into goals as a result of deadly accurate shooting! On the other hand, the entire team was committed to ensuring that we converted all of our own center-passes and voila, victory snatched from the jaws of defeat!

The year was 1973 and the game not the final one against the most powerful netball team in the region, Trinidad and Tobago, but the penultimate game against the second best rated team, Barbados.

In our huddle to mark the beginning of the final quarter, our management team had impressed upon us the importance of staying focused on our mission, executing not only on offense but equally well on defense, making every center-pass and every shot count! There could be no mistakes if we were to overcome an eleven point deficit at the time.

Playing to win requires steadfast focus on the common goal, the end game, playing to win requires careful preparation which includes not just boosting one's own inherent skills and knowledge base, but an acute awareness of the strengths and weaknesses of the opposition. Playing to win requires a singleness of purpose pursued in a spirit of selflessness!

These are the ingredients that help us to win as communities as organizations like the Sandy Point Benevolent Society (SPBS), these are the plays that will bring success at every day, at level of life, even when we face obstacles.

Yet there is another ingredient upon which I would like to focus. Determination is good, confidence is essential, preparation is a must, but it all comes together with enthusiasm! Many an underdog has been taken to winning heights by enthusiasm and particularly so when buoyed on by an enthusiastic, cheering and supportive crowd.

The word enthusiasm is derived from the 'entheos', with 'theos' of course the Greek word for God. Thus, at its root, enthusiasm means divinely inspired. *Playing to win* is not just about our own skills and talents important as they are, not just about a supportive environment essential though that is, but also about having a sense of divine purpose which elevates our meagre human efforts and places them on a higher divine plain!

Such are the efforts of the honorees, of the SPBS and I pray that such be the continued aspirations of all of us, especially the younger generation, as we strive to ***play to win***. Lest there be any doubt, ***playing to win*** is essential for the very sustainability of our families, our communities, our nation and indeed our universe in these challenging times!

Ambassador Thelma Phillip-Browne

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GUEST SPEAKER: ALBERT EVANS

Long before his first day in grade school, Albert began living his life's purpose as an educator. At the age of four, he was teaching the headstones that formed the base structure of his home as well as the shrubs that marked the southern boundary of his parents' lot. It was the delight of his neighbor to the east, as she observed him in action as he drilled the ABCs and Time Tables to his students.

Having graduated from the St. Kitts- Nevis Grammar School, Albert began his core purpose as an educator at the age of 16. Beginning at Middle Island Elementary School, Albert taught in several schools before migrating to Canada, where he resumed his passion after pursuing degrees in Political Science and Education at York University and the University of Toronto, respectively. Albert recalls that some of his best years were at Sandy Point Junior School.

Albert's personal love for education and the encouragement of administrators, provided the pathway to positions of higher authority. In preparing for his role, Albert obtained a Masters Degree in Educational Administration at Niagara University in New York and became a Vice Principal and Principal with Peel District School Board in Ontario, Canada.

Recognizing the importance of giving back, Albert readily answered the call to become part of the St. Kitts Association in Toronto, Canada, where he served as Vice President of the organization for several years. In 2005, Albert was awarded the Academic Excellence Award by the Association.

With his professional experience and acquired knowledge in educational matters, Albert has been called upon to provide motivation to youth groups, workers in trades, and newly trained teachers. Albert also adds value to people's lives by providing counsel, and facilitating problem situations that arise between individuals and groups with educational concerns and social relationships.

Albert is an award winning author of *Defeating the Enemy to Your Success, How to Break Through to a Life of Wealth Creation and Success*. His second book: *How to Uncover Your Wealth Zone -- Finding the Keys to Your Wealthy Life* is due to be released in a few months.

Albert has been a winner throughout his life and understands what it takes to attain success in life.



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

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Distinguished Community Service & Sports Achievement Award

Randolph Town Council President - Kenrick W. Clifton, BA, MA, LLB Laws (Honors), PLE, LEC



**Kenrick
Clifton**

Kenrick W. Clifton, affectionately known as Ken, was born on the island of St. Kitts in the Caribbean. Ken's story is an immigrant story. In his early teens, he moved to America. Ken is grateful for the opportunities and successes with which he has been blessed.

As a youngster, Ken set high standards and showed early signs of promise and a commitment to excellence. This propelled him to attain a Bachelor's Degree in Political Science from Boise State University

(Idaho), a Master's Degree in Government and International Relations from Queens College in New York, a Certificate in Investment Appraisal from Harvard University. He also graduated with First Class Honors from Wolverhampton Law School in the UK and secured his Post-graduate Legal Education from Norman Manley Law School (Jamaica) and the Inns of Court School of Law, Europe's premier legal institution. He has been admitted to the Bar of both the Eastern Caribbean Supreme Court and England and Wales.

During his stint working for the Government of St. Kitts & Nevis, Ken also played a vital role in the Kennedy Simmonds administration. He started his career in 1982 as an Assistant Secretary in the Ministry of Foreign Affairs, served as Director of Investment Promotions from 1987, and in 1990, became the youngest ever Permanent Secretary in the nation's history. He also represented St. Kitts and Nevis at the United Nations and in Washington, DC. Highlights of his distinguished career at that time include his role in the reclamation of the Basseterre Harbour which became known as Port Zante and also the opening of the South-East Peninsula road, the Kennedy Simmonds Highway.

From an early age, Ken showed athletic promise in his hometown of Sandy Point, St. Kitts. He captained the Sandy Point High School's soccer, cricket and track and field teams. He was most dominant in track and field and at one point or another, he held literally every male track and field record. Today, some 42 years later, he still holds the SPHS Class II high jump record of 6 feet 2 inches. On a national level, he held the 400 meter record of 46.85 seconds for over two decades, and he was also a pioneer in the administration of track and field having founded the Sandy Point B's Etonics in the 1980s, served as the country's National Athletic Coach and elected as a President of the St. Kitts & Nevis Amateur Athletic Association (SKNAAA).

Ken attended Boise State University in Idaho, USA on an academic and athletic scholarship. In track, he held the Big Sky Conference 400m record and was named to the Freshman All-American

football team. He also participated in the World Athletic Championships held in Helsinki, Finland in 1983 with the likes of Carl Lewis and Florence Griffith Joyner.

Ken is also a prolific writer on legal, educational and political issues. He has published scholarly articles including the "The Separation of Powers," "Caribbean Court of Justice: How participatory is our democracy"; "Electoral reform: an idea whose time has come"; and "The Independence of the Judiciary."

In the United States, Ken ran for the Randolph Town Council in 2008 and was successful against better-known candidates. Since then, he has been re-elected to office unopposed or with resounding majorities. He has become known for his passionate, vociferous and tireless work and representation on behalf of his constituents.

Undoubtedly, he is committed to empowering the Randolph community by using his talents, skills and resources. Ken Clifton embodies the spirit and qualities of exceptional leadership. This earned him recognition and many prominent awards, including the prestigious Martin Luther King Jr. Award, the Kittitian American Benevolent Association (KABA) Award (New York), the Filipino American Association (PAMAS) Recognition. As a result of his sterling leadership qualities, Ken was unanimously elected by his town council colleagues to be the Council's President and to be the Town Council Representative on the School Committee. In a recent Facebook post congratulating Ken on his accomplishments, the Rev. Kirk Byron Jones' description of Councillor Clifton was quite adept. Rev. Jones noted, "He is as humble and kind as he is skillful and effective."

In 2010, when the horrific earthquake struck Haiti, Councillor Clifton was very effective in helping to mobilize the town to bring relief to the Haitian community. He was a co-founder of "Randolph for Haiti" which sent two delegations including doctors and nurses to Haiti and trailer loads of food, clothing, medical supplies and other necessities to the island.

Other exceptional efforts by Councillor Clifton include: his leadership in fighting against the Holbrook Transfer Station; his work with the Philippine community especially during the aftermath of earthquake Haiyan; his work with the youth; his efforts with the homeless students of the Randolph Public Schools; his work with the Clergy including organizing Thanksgiving Dinner for the Seniors of Randolph; his collaboration with Town Manager and the Council to ensure Women-owned and Minority-owned businesses get opportunities on town projects; his work with DOVE to tackle the issue of domestic violence plaguing the community; and his outreach efforts to the various cultural groups to improve and enhance collaboration amongst all residents of Randolph.

Distinguished Leadership In Sport & Athletics Award



**Ezzard
Wilson**

In 1972 Ezzard watched as a spectator, the 1st Leeward Islands Track and Field championships, which was held at the Basseterre High School grounds. The only athletes competing from the Sandy Point High School at that time were my best friend, Carl Allen (deceased) and Nadine Duggins. All the other athletes were from the Basseterre High School. But that was about to be changed the next year. He made a vow to himself that he would compete in the next track and field

championships, which was to be held in Antigua in 1973. Throughout the years growing up in Sandy point he watch many athletes perform at their best. A number of them (just to mention a few) like Arthur Adams, Milton Mills, and my brother Maxwell Wilson, were my role models. The era for Track and field before him was characterized with athletes who had a particular style of running. For example, on a 400m run they would jog the first lap and then sprint the last lap. In 1973 Ezzard was about to start a new beginning in Track and field that would propel the whole country into what he would refer to as “the modern era of Track and Field;” no longer would athletes jog the first, second and third lap in the 800m and then sprint the last one, but he would sprint the entire 4 laps. It was a revolution that would change the way things were done in track and field. At the Sandy Point high school sports day he was given a special medal for the 800m by the honorable Charles Mills Sr.

In 1973, after being one of the most successful athletes in Sandy Point that year, Wilson competed in the Inter Island Championships where he won both the 400m and 800m. He also ran the third leg of the fastest 4 x 100m relay for high school boys, setting a new record. The team included Patrick Adams, Winford Hanley, Ezzard Wilson and St. Clair Warner. It was after this track meet that Ezzard along with others from Sandy Point High, were selected to represent the country in the second Leeward Islands championship which was held in Antigua. It was during this meet that Ezzard really made his mark. He set a new record in the two mile run and broke the mile record. In that meet He won two gold and two silver medals. At the end of the meet he was hailed as the most outstanding athlete and won the distinguished honor of meeting and being recognized by the distinguished Antigua cricket team, which included such great athletes as Andy Roberts and Vivian Richards. He received “The Sportsman of the year” award in 1973, from Sandy Point High School.

Over the next three years Wilson would represent St. Kitts in many different track meets at home and in different countries.

As the pioneer of modern track and field in St. Kitts, Ezzard Wilson began a journey that would lead him to Idaho State University (thanks to Kurt Camerud). During this time he broke and set many records, won 4 Big Sky championships and represented Idaho State in the national (NCAA) indoor championships on two occasions. To this date he is still one of the top 10 record holders for the Indoor 800m, and ran as fast as 46s, anchoring the 4 x 400m relay, while starting the 4 x 100m relay with a 10.7s split. Ezzard was the first athlete from St. Kitts to win a full scholarship in Track and field and was the first to represent St. Kitts in the commonwealth games in 1978. To date he still hold the 800m indoor record in St. Kitts and just last year 2017, one of his records in the 1500m which was set 33 years ago was broken. He was nominated in 1980 by Idaho State University for the NCAA post graduate scholarship. Only two students in the nation are awarded this scholarship.

Today he goes back to St. Kitts and work with athletes from Verchilds and Sandy Point high schools and hope to do more in the future. This is his way of giving back and he has plans to do more in the future. Throughout the years he has been able to inspire many good athletes from St. Kitts and in the 1980-81 school year, as the new director of athletics at Sandy Point high School, he managed to win both junior and senior Inter Island championships. He was also the captain of the St. Kitts athletic team from 1981-1982, until his departure from the island. He hopes to continue to inspire others in the near future.



Distinguished Leadership In Sport & Athletics Award



**Shane
Jeffers**

Born to Anthony and Erica Jeffers, Shane Melvon Jeffers, the prolific, hard hitting cricketer, from the prestigious town of Sandy Point, is one of the most renowned cricketers in the Federation's history capturing many first-time and singular experiences for Sandy Point and St. Kitts. Like a true Sandy Pointer, Shane continues to unwaveringly represent his hometown and for over twenty years has represented St. Kitts, The Leeward Islands Under 15, Under 19 and Senior Cricket Teams, the West Indies B team, and MCCYC out of

Lord's England.

With a father who was an avid cricketer, Shane inevitably began playing cricket at a very early age. Amongst his peers, he was famous for his powerful strikes which instilled a sense fear as they were afraid to field any ball he would hit. At sixteen, Shane made his debut with the national senior team while playing against the US Virgin Islands and just a year later, made his first maiden national century against Anguilla scoring one hundred and eighteen runs. Throughout his cricketing career, Jeffers has been entrusted with captaincy both at the Under 19 and senior level and notably, lead the St. Kitts Under 19 Team to victory for the first time ever in 1999.

In 2001, aged twenty, Shane went on to make his first-class debut against Bangladesh in St. Kitts, a first for any cricketer from Sandy Point. Because of his sheer talent, Shane (along with thirty-nine other cricketers from across the region) was invited to spend three months at the West Indies Shell Cricket Academy, at St. George's University, Grenada to perfect his craft. After the three-month period, his skills and leadership qualities earned him the privilege of being captain, this time of the West Indies B team. At the time, the team which had only been in existence for 3 years, was previously captained by seasoned past test players, so Shane with all his youth and vitality, was the first youngster to captain this team.

Shane continued to play first class cricket over a decade. Undeniably, his best seasons were between 2004 and 2006, with personal statistics placing him within the top three opening batsmen in the region and in striking range of the West Indies Senior Team. Unfortunately, that didn't materialize as most cricket pundits had hoped. The MCCYC out of Lords England toured St. Kitts in 2007 and in collaboration with the Government of St. Kitts and Nevis, decided to give an opportunity to the young cricketer. As a result of his superb performance against the touring side, Shane spent three months with MCCYC playing in the second county XI division in England.

In 2014, Shane lit Warner Park ablaze with powerful strikes and fantastic batting in a charity game dubbed the Beefy Bash, where legends of the game such as Brian Lara, Graeme Swann, Tom Moody, and celebrities Piers Morgan and Marcus Mumford took part. He scored a whopping 83 not out from just about 40 balls and had Marcus Mumford begging for mercy. One month later, he smashed a brilliant century against the touring Bangladesh test team hammering 118 from 131 balls, pummeling 22 boundaries, Jeffers was in a marauding mood. Rightfully so, the Bangladeshi contingent thought he was international-player material as questions were asked of who he was and where he played his cricket. In 2015, Shane was contracted by the Leeward Island Hurricanes and played professionally for one year. It is worth mentioning that: Shane is the first cricketer from Sandy Point to captain class the national side, the first Kittitian to captain at the first-class level and the first and only Kittitian to score a century in one day cricket at the first-class level.

Presently, Shane has retired from first class cricket but continues to play locally for his club Sandy Point. Additionally, he is a member of the coaching staff of the St. Kitts National Cricket Team and has recently been voted on as a Leeward Island selector for all levels of cricket in the Leeward Islands.

Indisputably, Shane has been one of St. Kitts' best!



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Distinguished Leadership In Sport & Athletics Award



**Joseph
Rudolph
Dixon (Barbe)**

Joseph Rudolph Dixon (Barbe) was born in Sandy Point on the picturesque island of St. Christopher aka St. Kitts.

Joe attended the Sandy Point Primary School and the Sandy Point Senior School, followed by the Sandy Point High School. In 1968, he was one of the first graduates of the Sandy Point High School.

After graduation, Mr. Dixon became a teacher in September of 1968 until June of 1982. He taught

at Verchields All Age School, Sandy Point High School and Basseterre Grammar School.

For economic reasons and to further his studies, Joseph migrated to the United States in 1982. There he attended and graduated from Western Connecticut State University with a BA in Mathematics. Upon graduating, he began teaching in the Hartford Connecticut School District, where he currently still teaches.

Joseph was known throughout St. Kitts as being an outstanding cricketer. He has represented his island and school well by being known as an off spinner and the first Sandy Point High School graduate to represent St. Kitts in the Leeward Islands Tournament.

Some of his memorable playing moments were played against great cricketers such as Richards, Roberts, Willet, Parry and Jim Allen, between the years of 1971 and 1981. His best performance was when he got figures of 7 wickets for 47 runs against Nevis.

Since he started on his journey of playing cricket, Joseph has never missed a year. He has played the game in many states along the east coast of America; from Boston to Florida. He has also played in Canada.

As Captain of The West Indian Cricket Club of Hartford, Joseph has won five years of consecutive championships.

To help keep this sport alive within the United States, Joseph not only continues to play cricket, but has been instrumental in helping to develop a youth cricket program. His love for the sport is evident. Joseph Rudolph Dixon aka Barbe lives and breathes the sport of cricket.

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Congratulations to Tamla Warner-Lloyd on achieving her law degree from Florida Coastal School of Law. You have made your parents Anthony Warner and Venetta Niles proud. Well wishes from your siblings, relatives and friends.

We all admire your dedication.



Distinguished Leadership & Community Award



**Alwyn
Antony
Richards**

Master Alwyn Antony Richards, a benevolent Taekwondo Master, a two time Hall of Famer, a Bryan University graduate, who earned his Bachelor's degree in Sports Science, as a Certified Professional Trainer, a Certified Specialist for Youth & Senior programs for National Academy of Sports Medicine (NASM), is Founder of the St. Kitts & Nevis Taekwondo Karate Schools and Montserrat's Taekwondo Karate Schools.

Master Richards, aka Ala Rito, was born on March 11, 1956, in the town

of Sandy Point, St. Kitts. As a proud Ghaut-man, Alwyn comes from a large family; he has six brothers and three sisters.

Many of his siblings are well-known in the community.

Ala Rito also has his own family of three children: Marissa, Crystiland Alwyn Jr., and he is the proud grandfather of; Anthonyand Kamiyah.

Alwyn attended the Sandy Point Boy School and the Sandy Point High School. In 1972, he completed and passed the high school exam, but his high school career ended in 1973.

Ala Rito dreamt of being either a great leader or an instructor and in 1974, he founded the Sandy Point Martial Arts and Dramatic Society (SPOMADS) and as its president, he became one of the youngest community group leaders. He adopted the martial arts techniques and movements for stage dramas. In 1976, Alwyn moved to St. Maarten and in 1978, began his Taekwondo training under the instruction of Romero Hyman. He was later examined by Grand Master Hyun Ok Shin. Alwyn pursued and acquired his 1st Dan Black Belt in May, 1982 and became the *first* official black belt instructor of the Federation of St. Kitts & Nevis.

In September 1982, the first official Taekwondo Karate School opened in Sandy Point. A few weeks later, the Basseterre Taekwondo School, then, four other schools opened throughout the island. In January, 1983, the Ross University School of Veterinary Medicine Taekwondo School was opened. In addition, in April 1983, he opened the Nevis Taekwondo Karate School. Along with the expansions, Master Richards also instructed Taekwondo in all major high schools in St. Kitts & Nevis, including the *Sandy Point High School*. In 1987, the Montserrat Taekwondo School was established and multiple schools on the rise, Master Richards attributed his success to the assistance of his appointed advisors: Mr. Calvin Farier, President of the St. Kitts Taekwondo School, Mr. Vance Amory, President of the Nevis Taekwondo School and

[Attorney] David Brandt, President of the Montserrat Taekwondo School.

In 1984, while teaching at the Ross University, Master Richards decided to enhance his passion by changing the name from Taekwondo to Edu-Kwondo which means "Educational Taekwondo." The crossover became more popular in the USA than the Caribbean. The first Edu-Kwondo School was opened, after his arrival in New York City, in 1994. Edu-Kwondo was opened to the public and was very diverse. Edu-Kwondo was the first martial arts school to display or hang the flag of the Federation of St. Kitts & Nevis.

The curriculum of Educational Taekwondo upgraded as an enrichment program for all academical levels, and in 2006 it became an after-school program at Columbus High School in the Bronx, NY. Edu-Kwondo taught students to develop quick thinking and better anticipation; and at Columbus High, it reduced bullying and encouraged students academically. Educational Taekwondo also became part of the curriculum at Democracy Prep Charter Schools from 2010 to 2013. Master Richards instructed Edu-Kwondo at seven different schools for the company.

In 2008-2010 Master Richards held one of his biggest all women workout classes at Lucille Roberts on Gun Hill Road, Bronx, NY. The goal was to educate women in self-defense. Master Alwyn Richards is proud to be the *first* Kittitian to lead a martial arts tournament team that represented the Federation of St. Kitts & Nevis. The recorded several victories: in 1983 and 1985, at a championship in St. Maarten & St. Martin; in 1985, the Caribbean Championship in Antigua and Barbuda; and in 1986, the Caribbean Championship in St. Croix, USVI. In 1991, Master Richards represented the Federation of St. Kitts & Nevis on Long Island, New York and won **1st place**.

Master Richards was honored, in 2011 and 2012, with the Best Master Award. He was inducted into the Taekwondo Hall of Fame in September 2017, New York and in November, that same year, the International Martial Arts Black Belt Hall of Fame. He has been nominated to receive the Best Master Instructor Award in November 2018, in Pittsburg, PA. Alwyn "Ala Rito" Richards is a martial arts Legend and a *proud* Sandy Pointer and he firmly believes "*The Steps of a Good Man are Ordered by The Lord*" (Psalm 37: v 23)



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**Neville
"Manny"
Weekes**

Sandy Point has produced many outstanding sports men and educators. One of these is **Neville 'Manny' Weekes**, who displays Sandy Point pride at all times. After graduating from Sandy Point High School he taught at Verchild's School, St. Pauls' School and Convent High School, from 1968-1995. He then migrated to the United States Virgin Islands, where he attended the University of the Virgin Islands and graduated Magna Cum Laude, with a B.A. Degree in English and an M. A. in Education Administration. Neville

then taught at the Charlotte Amalie High School until 1999 and worked as an Adjunct Professor at University of the Virgin Islands (UVI). After moving to New York, he continued as an educator, teaching English and Caribbean Literature, at East New York High School of Transit Technology. He worked there until he erased the chalkboard and logged off his New York City Department of Education computer for the final time. In 2014, Mr. Weekes ended a successful and rewarding forty-seven year educational career.

Neville always believed that there was a strong correlation between education and sports. At an early age, he became involved in sports. He was a very versatile sports man who excelled in cricket and football, in which he represented Sandy Point, while still in school. His outstanding performances, as an all rounder, and his astute and tactful captaincy, led Sandy Point to seven consecutive national cricket championships. Neville represented a St. Kitts/Nevis team against an Australian B team in 1969, and then went on to represent the St. Kitts National Team in the early seventies, in the then Leeward Islands tournament. In the mid 1980's, he represented the St. Thomas cricket team. In addition to his cricket prowess, 'Manny' was also known as a very talented and highly competent goalkeeper. In the 1972 football season, he played for his beloved Crab Hill United, in both the League and Knockout competitions, without conceding a goal, a feat that has not been replicated.

After his playing days, Neville remained an integral part of the Sandy Point 'sports scape'. He served as coach in football, netball and volleyball. He also as a football referee and cricket umpire. Upon moving to St. Thomas, he played tennis, while continuing to play cricket and later served as selector, coach,

umpire and soccer referee. He was also coach of both UVI cricket and soccer teams. Neville's final foray into sports was as a radio cricket commentator for the USVI Cricket Association. 'Manny' still enjoys sports but now as an "armchair quarterback" and as a spectator.



**Shirlon
Williams**

Shirlon Williams was born on 7th November 1959 in New Town, Basseterre, St. Kitts. He began playing club cricket for the Renowned Cricket Club at a very early age. The right handed batsman /wicket keeper with enormous talent, soon announced his presence with his brilliant stroke play. At the age of eighteen he was selected to represent St. Kitts in the Leeward Islands tournament. Playing for St. Kitts in the 1983 tournament, he was one of three Kittitian batsmen that

scored centuries against Anguilla. Shirlon went on to make a double century undefeated against Montserrat in the same tournament.

He was selected to play for the Leeward Islands vs the Winward Islands and scored 127 runs in the second innings of the match. Shirlon made his Shell Shield debut the following month for the Combined Islands vs Barbados. After 1982-83, he played exclusively for the Leeward Islands, who was invited to compete in the Shell Shield as a separate team. Playing for the Leeward Islands in the Shell Shield tournament vs Trinidad and Tobago, Shirlon made 120 runs. He and his country man, Victor Eddy, amassed 158 runs for the sixth wicket partnership, a record for the Leeward Islands

At the age of twenty six, Shirlon went on to England to play cricket for the BR cricket club, in the Durham county league and dominated the headlines. After scoring 537 runs in the league games, he was dubbed the batting sensation from St. Kitts. He continued to have success in the Durham league, amassing six more centuries and only two dismissals.

He represented the West Indies President eleven, but was unable to make it to the Test team. . Shirlon last played for the Leeward Islands in the finals of the 1985-86 Geddes Grant/Harrison Line Trophy limited overs competition.

Distinguished Leadership In Sport & Athletics Award



**Clyde
Garvey**

Clyde Garvey, better known as Tambo or John was born in Sandy Point St. Kitts. Tambo drew attention to his impressive football abilities at an early age. He showed great passion for the game, and proved that persistence can overcome any challenge.

He loved being in the goal. He emerged as goal keeper for the Sandy Point High School Football Team in the early 70's. He went on to play for multiple teams such as Leeds United, Manchester United,

Alley United, Third World, Rovers, Sandy Point Youth Team and St. Kitts National Team.

Tambo gives generously any cause relating to Sandy Point because he feels that his donations matter to the people he knows and cares about. He feels honored to give back to the community he calls home and wants to make a difference in whatever way he can. Tambo was an inspiration to many youths in Sandy Point. When he coached the Sandy Point Youth Team, he encouraged the youths to be the best, play the hardest and be persistent. He let them know that success consists of hard work and learning from their failure. Helping the youth gives him a sense of fulfillment, and he encourages them to be the best at whatever they are trying to accomplish.

Tambo made his Basseterre debut for Rovers Football Club in 1974 and lived up to the hype by earning Goal Keeper of the Year in 1975. He emerged as a very popular goal keeper for his team Rovers and was selected as goal keeper for the St. Kitts National Team in 1975. He represented St. Kitts in the Leeward Island Tournament from 1975 to 1979 and was the first goal keeper outside of Basseterre to goal keep for the National Team. And of course, there were set-backs and failures and successes and triumphs which are what made him a great player.

Tambo enjoyed a triumphant 1976 season earning him Player of the Year. He was considered by many as one of the best goal keepers to ever play in Warner's Park. He proved that the power to keep going will conquer all other obstacles. Tambo has captivated fans for many years. His technical abilities and strength at 6 feet 1-inch-tall has earned him the nick name "Bird Man" since he was able to literally fly from one end of the net to the other to stop the opposing team. He often reminisces about the good old days of blocking the ball.



**Joycelyn
Pennyfeather**

Joycelyn Pennyfeather, daughter of Mrs. Bernadine Thomas, grew up in the proud town of Sandy Point, on the island of St. Kitts, under the strict yet loving discipline of her family. It was during this time, virtues such as manners, respect and determination, were inculcated in her. Joycelyn, from a tender age, showed her athletic ability and allowed her to hold many records at her school, which included the Long-Jump and the 100 meter. As she grew so did her athletic talents and love for sports

in general. Joycelyn, became very proficient in netball and was recognized as one of the best players on the island. Subsequently, she was selected to play with the St. Kitts National Netball Team. These opportunities in both track and field and netball, afforded Joycelyn many chances opportunities to travel to several Caribbean islands to represent St. Kitts.

After completing her primary and secondary level education, Joycelyn worked at a multinational company known as Lutron Liamigua. Due to her strong work ethics she was promoted to supervisor, assisting with the management of the company. However, it was difficult for Joycelyn to dismiss the love she had for sports and therefore, later joined the staff at the Ministry of Sports. She coached for a number of schools around the island, sharpening their skills in netball and track and field. Many, Principals lauded Miss Pennyfeather for the time and effort she dedicated to their schools' netball teams where she would often meet with players outside of working hours for additional training. Track Meets, also known as Sports Days, were also events that Joycelyn loved. Often, she would volunteer to assist at these functions to ensure the smooth execution of events. However, at the end of these events, persons could find her, in deep discussions, speaking about the performances of the athletes.

In an effort to revive netball in the community of Sandy Point, Joycelyn co-partnered a league. She ensured that she had a team in the League and assisted other teams in recruiting players in the Sandy Point environment. This League became so popular that it began to showcase netball talents not just in the community of Sandy Point, but from the entire island. The high level of competitiveness demonstrated in this League, netball spectators and netball lovers, near and far, were attracted to the sport.

The League will continue to pull at the heart strings of Joycelyn as one of her brain child as she continues to display a love for sports, children and Sandy Point.

Distinguished Leadership In Sport & Athletics Award

PROFILE OF ELQUEMEDO T. WILLETT

By Stevenson Manners



ELQUEMEDO T. WILLETT

Elquemedo Tonito Willett MBE, known to many simply as “Elco,” was born in Charlestown, Nevis, on May 1, 1953, to Florence Hendrickson and Paitfield “Harry” Willett. When he was born, his father gave him two exquisite Christian names, coined from his experiences living on and working in the sugarcane fields

of the Dominican Republic, in the 1930’s and 40’s. Willett was perhaps destined for

greatness even then, for when broken down to their component parts, the names are revealing. “El que”, the relative pronoun, means “the one that”, and medo which means “me too” or “me also”, or “the best boyfriend ever”, and the addition of “ito” to a given name in Spanish, is a way of showing affection.

Willett was very athletic as a child, with an obsession for cricket, playing in the streets or on any other available space, like every Nevisian boy did growing up in the mid to late 1950’s. He attended the Charlestown Boys School, where his teachers identified him as a child prodigy for his cricketing prowess. After school, on weekends and during school holidays, he joined the other village boys at nearby Bocko Park, and even Ramsbury, to challenge other boys.

During that time he had mentors such as Mac Parris, the former Nevisian wicketkeeper/batsman, Clinton Willett (his cousin), Eugene Brown, former Nevisian opening batsman Earl “Jimmy Swing” Parris, who gave him his first pair of cricket boots, and the all-rounder, Ed Arthurton, Spartans captain and his first Nevis captain. Willett is still the only player in the history of Nevis cricket who has made it to Trials after only one “cup match” and fast-forwarded on to the island side. He was by then a slow orthodox left arm spinner, stubborn lower order batsman and athletic fielder, close to the wicket.

At 16, he debuted for Nevis in the Hesketh-Bell Shield Tournament of 1969, in Antigua vs Montserrat. He was then the youngest ever to represent Nevis. He went on to represent Nevis for 20 seasons, many as captain, including that of the Leeward Island. After a stellar year in 1971 in the Leeward Islands tournament, in which he set a new record for most wickets (36) by a single bowler in a single season, he made his debut for the then Combined Islands. Two years later, at age 19, he became the first Leeward Islander to play test cricket for the West Indies, against Ian Chap-

pell’s Australians at Kensington Oval, Barbados on March 9, 1973. He was the first teenager to do so since Garfield Sobers in 1954.

On the local front, Willett had a profound impact on every young cricketer who has represented Nevis in the past 45 years. He was the first government appointed sports officer in 1980. Of further testament to his impact, he has spawned a myriad of outstanding players such as Raffy Wallace (his brother-in-law), Stuart Williams (his nephew), Ronald Powell, Carl Tuckett, Merlin Liburd, sons Tonito and Akito, daughter Soneldo, among others. Three of the aforementioned have represented West Indies teams at different levels, several have captained Nevis and several have played for the Leeward Islands in regional tournaments. They also helped Nevis dominate Leeward Islands tournaments winning 8 championships (2 joint) in the 1990’s. Six other Nevisians: Deryck Parry, Keith Arthurton, Stuart Williams, Carl Tuckett (solitary ODI) Runako Morton and Kieran Powell went on to represent the West Indies. Willett retired in 1989.

From 1997 to 2015, Willett was stationed at the island’s largest primary school, the Charlestown Primary, and has led the school to many championships in cricket, football and athletics, including several three-peats at the annual Gulf Insurance Inter Primary Athletics Championships.

As a player he epitomized the spirit of the game, as a mentor his reach spanned the island, and further afield.

HE CERTAINLY PLAYED TO WIN!!!!

Elquemedo Tonito Willett is worthy of honor for his service to the game, and to his country.

Recognition for Service.

- 1997 - a stamp and first day cover bearing his image was issued by the Nevis Philatelic Bureau.
- 2001 - given a Life Time Achievement Award by the Nevis Cricket Association.
- 2005- he became the first inductee in the Nevis Hall of Fame at the newly-opened Nevis Sports Museum.
- July 2010 - the Nevis Island Administration, of Premier Joseph Parry, renamed the premier sporting venue Grove Park, the Elquemedo T. Willett Park in his honor.
- 2013 - honored in Nevis on the 40th anniversary since his election to the West Indies test side.
- 2013 - A documentary “Willett at 60” was developed outlining his service to country and contribution to the game of cricket.
- April 2013 - honored by the Leeward Islands Cricket Association (LICA), at the Royal Grand Antigua Hotel, to mark 100 years of LI cricket.
- 2018- Awarded an MBE by the Federal Government Recognized by several diaspora groups.



SANDY POINT PRIDE

Sandy Point PRIDE Sports Ltd. is a Kittitian amateur sports organization based in the town of Sandy Point and currently manages the PRIDEKINGS that competes in the St. Kitts-Nevis Amateur Basketball Association (SKNABA) basketball league as the reigning Premier League Champions.

PRIDE, lead by a quinary of Directors since its inception in 2015 has enjoyed remarkable success both on and off the court. Using sports entertainment as a conduit for positive social change, the organization has directly impacted the lives of a significant amount of young men and women who have passed through it's ranks thus far. In addition to having competed in the finals every year, the club also enjoyed an undefeated A-division run in 2015-16 enroute to registering a record setting 19-0 SKNABA season. The organization continues to pride itself on being the standard for sports excellence and organizational discipline throughout the federation, principles which helped to foster it's rise to the top in 2017 when it became the first team officially donning the name 'Sandy Point' to win the SKNABA Premier League title, with seven (7) players from its current roster being regular selections to the St. Kitts-Nevis National team squads.

With the support of its sponsors and community partners PRIDE has established meaningful relationships with both schools in the Sandy Point area and with a number of projects set to come on stream over the next 12 months including an inter-house basketball tournament at the CEMSS, sole management of MUS-TRI (the first and only rural based triathlon in St. Kitts) along with the highly anticipated 'BallsOverBullets' community league which focuses on the effects and eradication of gun violence within the community. Its outreach programme is expected to expand exponentially in years to come.

There are plenty opportunities for individuals and organizations to partner with PRIDE in its quest to positively impact the young people of the Federation. Get social with the PRIDE organization by following on twitter: @SPPRIDEsports, Facebook: Sandy PointPride Basketball, Instagram: 'pridesports' for all the latest updates, or contact the organization via email at sppridebasketball@gmail.com for more information on how you too can 'join the hunt'.





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TANGO

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2018 PRINCIPAL'S AWARD WINNERS



Jaidyme Benjamin

St. Paul's Primary School

Born on November 14th 2006, Jaidyme is the daughter of proud parents, Raynold Benjamin of St Pauls' and Theicia French of Saddlers. At ten months old, Jaidyme attended the St Paul's Nursery School where she was very quiet and conservative. However, by the time Jaidyme attended the Sandy Point Preschool she had developed a more assertive persona and practically took charge of the entire class on the first day. In 2018, among some impressive competition, Jaidyme won the St Pauls' Primary School Valedictorian designation. This accomplishment was

well anticipated as Jaidyme had consistently placed first in every grade she attended at the school.

Jaidyme has always been academically focused and somewhat of a perfectionist. In fact, there were many times when Jaidyme chose to forgo recess, instead, spending her time in the classroom going over school work, reading her texts, which was

one of her hobbies, or just reading one of her personal books. That time could have been spent on playing outside with her fellow classmates.

Her passion for reading is so great, that her mother and aunts sometimes find it a very formidable task supplying her almost insatiable demand for books. Through this love for reading, Jaidyme has attained superior reading skills, surpassing her peers, and is often called upon to read difficult scriptures in her church. This affinity for reading helped her to place third in the October 2015 OECS Reading Competition.

Later this year, Jaidyme will be starting her secondary education in the town of Sandy Point, at the Charles E Mills Secondary School. She has high expectations of becoming a very accomplished attorney and wishes to be involved in the legislative process at some point in her career. She also has hopes of making our society a better one by establishing effective laws.

Jaidyme has exhibited how the ability to be focused, determined, disciplined and humble can propel a person to greatness, even in the early stages of life. There is absolutely no doubt in the minds of her family, teachers, friends and loved ones, that she will accomplish that goal.

DEANNE ABBOTT



Newton Ground Primary School

Deanne was born on November 15th 2006 to Vinelma Maynard and Mr. Dexter Abbott, who is deceased. As the fourth of five children, in such a humble yet challenging environment, through her excellence, Deanne has made her family and her teachers very proud.

Disciplined, intelligent and ambitious are words that can be used to describe Deanne, who has displayed a natural ability to succeed in all subject areas. It is with great hope and confidence that she will continue to harness such talent, coupled with hard work, time and effort to be more successful in years to come. In her spare time, Deanne enjoys singing and cooking. Her most cherished moments, at

primary school, were performing experiments and engaging in multiple projects. She graduated at the top of her class as Valedictorian for the Newton Ground Primary School, Class of 2018. She has a dream of becoming a professor at the university level when she grows up. "If I cannot do great things, I can do small things in a great way".



Kayin Thomas

Sandy Point Primary School

Kayin is very kind, caring, determined and competitive with an infectious smile that brings warmth to any room. Eleven (11) year old, Kayin, shows great enthusiasm; not only in his academics but in everything he tries. His positive work attitude and thirst for success have catapulted him to the top of his class. Kayin has worked extremely hard and as a result, has achieved an average of 88.8% for the entire school year (2017-2018).

Kayin is a natural debater. He is always ready for a meaningful discussion where he offers his opinions or ideas on any given topic.

He is the epitome of what the school's mission statement describes. He is a well-rounded individual, who believes that a truly successful student is one who is actively involved in all school activities. He is not just academically inclined but he is also quite athletic. He has performed in both school and national track and field events. His favourite events are the 400 and 800 meters. Although he placed second in the 800m he gained a P.B (Personal Best). He continued to display his true capability when he ran the 4x400 meters for the Rams' Primary School Track and Field Competition, where his team placed second.

Mr. Thomas' positive work attitude, competitive spirit and enthusiasm will definitely continue to yield success.



Charles E. Mills Secondary School



The Charles E. Mills Secondary School, formerly the Sandy Point High School continues to benefit from the hard work and dedication of the Sandy Point Benevolent Society. The society is like a generous Uncle living overseas who looks out for his family back home. This is how fondly we at Charles E. Mills Secondary School think of our benefactor SPBS. We appreciate the support given directly to the school on an annual basis and for the scholarship opportunities which benefit our students. Giving back so others can move forward is truly a core value of the organization which is not only spoken but practiced and experienced.

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

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

Congratulation on another successful year.

**Committed to Educating Moulding
and Stimulating Students**

SPBS UNDERGRADUATE SCHOLARSHIP WINNER



Tazyka Markman

Born and raised under the guidance of Mr. Addison Markman and Mrs. Olive Markman, both of the St. Paul's community, **Tazyka Markman** is the sixth of her parents' children. She is ever mindful that her parents came from humble beginnings and have worked hard all their lives to provide for their children. At a young age, her parents were employed by the St. Kitts Sugar Manufacturing Corporation (SSMC)- her mother labored in the fields up until the closure of the Sugar Industry in 2005 and her father was a tractor driver. After the Sugar Industry closed, her mother took up employment as a maid at the Pogson Medical Centre in Sandy Point while her father ventured into heavy equipment operation.

Being the youngest in their nuclear family, Tazyka was never lacking in positive advice from my siblings. This, she has admitted, was sometimes unwelcomed and under-appreciated in her nascent years of adolescence. However, she quickly realized that her siblings wanted her to make intelligent decisions and avoid mistakes that they had made. Such invaluable advice has greatly assisted Tazyka in overcoming life-obstacles, both personal as well as academic. It has also propelled her on her current arduous path towards my personal development. Her aspirations have always been to strive for excellence. She believes that achieving excellence is a process of constant growth through self and collective improvement.

In her early years at the Sandy Point High School (now Charles E. Mills Secondary School), she became aware of the changes her generation needs to make, particularly with respect to the field of science in our country. Over the years, science has made a tremendous impact on her life. Because of this, she was driven to further her education in the science field at the Midwestern State University where she is currently pursuing a degree in Biology- Clinical Laboratory Science. She believes that becoming a Clinical Laboratory Scientist will enable her to have the skillset where she would be able to discover the presence or absence of diseases and provide data that will help physicians determine the best course of treatment for patients. Her choice of study was influenced by what she has described as the decline in professionalism in Health Care. Pursuing such a degree will allow her to bring the much needed professionalism to the Health Care sector.

Upon completion of her programme of study, she intends to return to St. Kitts and Nevis where she plans to build on existing research, as well as undertake new research on the relationship between the biophysical environment and human health. This scholarship will be very supportive in helping her to realize her goals, that at times seems somewhat surreal. And with the cost of studying abroad becoming increasingly high, with anticipated tuition increases, expensive science texts, high transportation and living expenses, international students need all the help they can possibly get.

Tazyka is humbled for the mere consideration of her for this scholarship. She offers the assurance that, without any doubt, the opportunity that this scholarship affords would place her academic objectives within closer reach. The Sandy Point Benevolent Society is pleased to give its Undergraduate Scholarship Award for 2018 to Ms. Tazyka Markman.

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CONGRATULATIONS



Berniemae Denisha Garcia Carty, B.A.

Congratulations Berniemae on achieving a Bachelors of Arts degree in Social Sciences. You made your parents Bernard & Gracemae Carty and your immediate family proud.

Your parents, siblings, relatives and friends all wish you well

SIR HUGH & CLAUDETTE LADY RAWLINS SCHOLARSHIP WINNER



Michelle Queeley

Michelle is a daughter of Kittitian soil and one of Sandy Point High School's outstanding products in many respects. Her academic journey began at the late Ms. Mussenden's infant school before her enrollment at the St. Joseph's Roman Catholic School, where she had six years of primary school education. She was transferred to the Grade 6 of the Sandy Point Primary School in April of 1984 and graduated in 1985 as the "Student of the Year", now more commonly referred to as Valedictorian.

In her career as a student at the Sandy Point High School, Michelle remained at the top of her classes for the most part and graduated among the top performers, with 10 CXC subjects. As a student, she not only starred in academics, but also as an athlete, debater, and in the performing arts arena.

She demonstrated strong student leadership and took this into her church and community.

With a love for teaching, Michelle returned as a teacher to her alma mater in 1991 and taught for a period of six years, two of which were spent in the pursuit of professional training at the St. Kitts-Nevis College of Further Education. At the SPHS her specialty subjects were English, Literature, and History, but her services were also utilized to fill gap in the teaching of Spanish and Principles of Business. She graduated from Teachers' College in 1995 with the awards for the most outstanding performance in all of her subject areas, including the practical teaching of such.

Presently, Michelle serves as a Certificated Graduate Teacher at the

Albena Lake-Hodge Comprehensive School (ALHCS) in Anguilla where she teaches English Language and English Literature at the CSEC level, and Literatures in English and Caribbean Studies at the level of 6th form. She also functions as adjunct lecturer in the Teacher Training Programme at the Anguilla Community College, as well as teacher of CSEC English. She is also a middle manager at the ALHCS in the capacity of Head of Year.

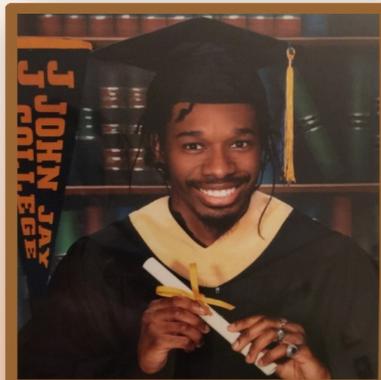
Michelle holds a Bachelor of Arts Degree in Literatures in English (with First Class Honors) and a Master of Philosophy in Education (with a concentration in Educational Psychology), both from the University of the West Indies, Cave Hill Campus. She also holds a Commonwealth Diploma in Youth in Development Studies (with distinction) from the University of the West Indies, Mona Campus.

Michelle is currently pursuing a Doctorate in Educational Leadership in Higher Education at the UWI Open Campus and is on record for being among the very small percentage of students at the top in the programme, having clocked an all 'A' profile thus far. As she moves into her final year of doctoral studies, the SPBS is pleased to make this valuable contribution to her. We salute this multi-talented bright star and role model from Sandy Point and look forward to the good news of her successful completion.

Michelle was raised by the Rawlins family in Sandy Point and attributes much of her academic stoicism to her Grade six teacher, the legendary William Vincent Hodge; and High School teachers: Jackie "Singing Jackie" Leader; Lorozone Williams, and Keith Frazer, all of whom she claimed to have made the greatest impact in her life as a student, and even now as an adult.

CONGRATULATIONS

Congratulations to our son who on May 30, 2018 graduated from John Jay College of Criminal Justice with a bachelor's degree, Majoring in Gender Studies and a Minor in Forensic Psychology. God's blessings and prayers



Michael F. Joseph Jr. B.A

From his loving parents Mr & Mrs Michael and Leah Jones-Joseph, sister Michaela and brother Marc of Mahopac NY, Grandparents and extended family.



SPBS RIDLEY GUSHARD MEMORIAL SCHOLARSHIP WINNER



Xuxa Garroden

Xuxa Garroden comes from a big family and she learnt from small the need to be responsible and to be efficient in the use of resources available to her. She is the daughter of Leonie Brookes of the Ghaut, Sandy Point.

A very positive and energetic young lady, Xuxa asserts that the junction where preparation meets opportunity offers liberation. She decided to pursue a higher education because it brings freedom to everyone who has

access to it. She is currently enrolled at the University of the Virgin Islands pursuing a B. Sc in Chemistry. It is her desire to make a tremendous impact in the field of medicine and health policy reformation in St. Kitts and Nevis, especially for the people who are not able to access the healthcare they deserve. She is committed to ensuring that she receives the best education to become a suitable vehicle of positive change.

Xuxa contends that she has found her purpose in serving the underserved and unfortunate and I am willing and determined to place country above self. She believes that she did not choose a career in healthcare, but it chose her. After spending 2 years at the Clarence Fitzroy Bryant College pursuing Economics, she realized that she can add much more value to the depreciated but highly important field of healthcare in my country. Her career path was diverted when she met Tavarez Fahie, a 16 year old quadriplegic that was shortchanged of his once normal life by a diving accident. His plea to access proper health care for his revised lifestyle was not one that could be readily accommodated by our Federation. This stimulated my concern

for others like him.

Ms. Garroden has a heart for others. This is evident in the many community initiatives that she has been integrally involved in to benefit others. She was instrumental in starting the Breakfast programme at the Sandy Point Primary School where children can have a healthy breakfast each school day to start them off. She also ensured that she was present whenever possible, to assist with the preparation and serving of meals.

Xuxa is really committed to improving others life chances. She has disclosed that she thinks that Our system has done its best to facilitate those who suffer from neuromuscular diseases, however she would like to be a part of the generation who implements strategies to perform more. She hopes to be a part of a reformed system that is dedicated to the underserved and the unnoticed suffering from neurological disorders. Xuxa is desirous of becoming a Doctor of Osteopathic with emphasis in Neuromuscular rehabilitation, and advancing into Public Health Policy Managemen

Xuxa is committed to extending herself to serving and is strongly convicted that she would be able to demonstrate such traits throughout her community because she believes in country above self.



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SPBS RIDLEY GUISHARD MEMORIAL SCHOLARSHIP WINNER



Candace Richards, born to Trevor and Mary Richards of the Alley, Sandy Point, is a very positive and promising young lady. From an early age, she became involved in her faith community, as a dancer, a Sunday School teacher, and a choir member.

Candace Richards

Candace attended the Sandy Point Pre-School, Primary and High School. She engaged in sports and joined her school's netball team. Academia was never an issue for Candace; in fact, she received an award for the best results in Test of standards Science in Grade 6. She entered the Sandy Point High School at the highest tier in 2005 and continued to excel academically. She placed second in form 1 and not only made the honour roll but also received the principal's award. This success continued throughout her high school tenure maintaining her status as an honour roll student. Candace, although serious about her studies, found time to participate in several extracurricular activities.

She dedicated much of her time and energy towards the school's Junior Achievers, the school's choir and Dance sectors. In high school, she discovered her love for Geography and Dance. Mr. Dwayne Weekes functioned as both her Geography teacher and Dance instructor. It was under his guidance that she was able to enter and win the Dance segment of the Rotary Club of Liamuiga Talent Competition in 2009. She also received the Gwenneth T. Hanley Memorial Award for best results in Geography at Third form level. Candace graduated the Sandy Point High school with 12 subject passes, which included 3 grade ones and 9 grade two.

Candace furthered her education at the Clarence Fitzroy Bryant College pursuing an Associate Degree in Environmental Science, with a focus on Geography. At the Clarence Fitzroy Bryant College, she participated in a president's scholar program initiated

by the University of Central Florida and the C.F.B.C. She spent two weeks in the field with students from the University of Central Florida researching Hydroponics systems to aid in the implementation of a climate change education project for sustainable development in the region. Upon completion, she was chosen to attend the UNESCO conference in Nevis to make a presentation on the findings of this research. During the 2011 – 2012 academic year, Candace was voted President of the C.F.B.C Dance Ensemble, and this earned her a spot on the Student Council. These additional responsibilities did not prevent her from graduating Cum Laude in 2012.

In 2013, Candace entered the working world and started as an administrative assistant at Blue Water Safaris. Six months later she made a switch to Education, becoming a Geography teacher at the Saddlers Secondary School. In 2016, she was transferred to the Charles E. Mills Secondary School. Currently, Candace is pursuing a Bachelor of Science degree in Geography at the University of the West Indies, Mona Campus, Jamaica. She started her degree in September 2017. She also joined the QUILT performing arts company in Jamaica thus, living the best of both worlds: studying a course she loves while being exposed to new techniques and opportunities in dance.

A scholarship from the Sandy Point Benevolent Society will be of great assistance in covering university fees which recently saw a 2.5% increase to tuition. It will also aid in covering lab and field supplies which vary each semester. This scholarship would greatly assist in easing my financial dilemma

The Sandy Point Benevolent Society is pleased to present one of the Ridley Guishard Awards for 2018 to Ms. Candace Richards.



SPBS RIDLEY GUISHARD MEMORIAL SCHOLARSHIP WINNER



Erian Jeffers

Erian Sherine Jeffers is the ambitious, confident, witty and versatile daughter of Mr. and Mrs. Anthony Jeffers and the granddaughter of Gladys 'Baby five-eights' Douglas. She hails from the town where the people are known for their talent: Sandy Point. As early as two years old, Erian was known for her

impeccable memory as she could perfectly recite commercials by 'Papa George'.

Her formal education began at the Sandy Point Pre-School and she continued to the Sandy Point Primary School and then the Sandy Point High School. She was the valedictorian at the Sandy Point Primary School in 2004. When she graduated from the Sandy Point High School in 2009, she attained 12 CSEC subjects with grade ones in Agricultural Science (double award), Biology, Chemistry, Human & Social Biology French, Spanish, English and Caribbean History. This made her the valedictorian of her year.

While maintaining good grades in school, Erian attended piano classes from eight years old. Her undying love for music also allowed her the opportunity to join the school's steel orchestra and she was among the first batch of students who sat CSEC music at the Sandy Point High School.

With her knack for science, Erian enrolled in the Arts, Science and General Studies Division of the Clarence Fitzroy Bryant College and graduated Summa Cum Laude in 2011 with an Associate Degree in Natural Sciences.

Soon after she joined the teaching fraternity as a teacher of Sandy Point / Charles E. Mills Secondary School. There she taught several disciplines – Mathematics, Biology, Integrated Science, French and Spanish to students at all levels of the

school. She also assisted in preparing students for the school's entry in the St. Christopher Air & Sea Ports Authority (SCASPA) quiz and served as the secretary of staff meetings for a few years. She was described as a committed teacher and team player. Erian also served as a Mentor providing guidance and assistance to students in the mentorship programme.

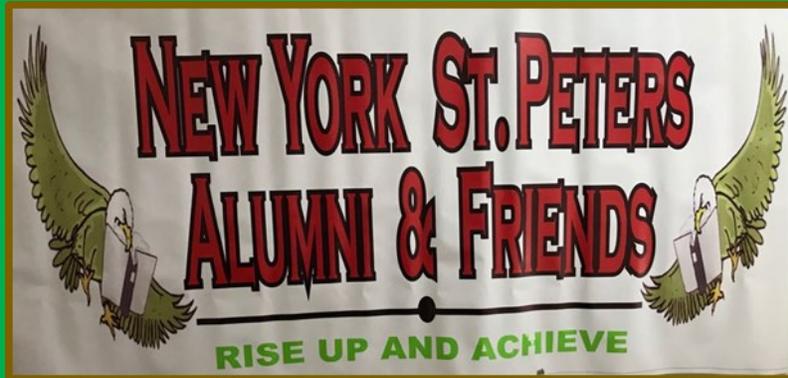
Erian began her Undergraduate studies in 2016 at the University of the West Indies Mona Campus, Jamaica, in the Faculty of Science and Technology. By maintaining a 3.90 GPA, she landed on the 2017 Dean's list and was therefore able to successfully transfer to the Faculty of Medical Sciences to pursue an MBBS degree and is due to graduate in 2022. Her ultimate goal is to open her own private practice in her hometown where Sandy Pointers and individuals in surrounding communities can receive affordable, quality care from a familiar face 'jus cross d road'.

Growing up in a christian home, Erian was always involved in the life of the Immanuel Methodist Church. She served as the Vice President of the Youth Fellowship. Throughout her life, she has been a member of church school, youth fellowship and is currently one of the few audio-visual technicians at the church. Additionally, for the second consecutive year, Erian will serve as the president of the UWI-Mona Methodist Society.

It is with a thankful heart and great humility that Erian accepts this scholarship as obtaining any form financial assistance to pursue a medical degree is very difficult. She longs to return and serve her community in the not too distant future

The Sandy Point Benevolent Society is pleased to present one of the Ridley Guishard Awards for 2018 to Ms. Erian Jeffers.





CONGRATULATIONS

New York St. Peter's Alumni & Friends extend warmest Congratulations on the occasion of your

21st Anniversary

Your hard work and dedicated service to your communities both in St. Kitts and here in New

York have been an inspiration to all of us.

As you forge ahead building more bridges and relationships in the next 21 years, may you inspire others to walk the same path and build their communities.

Congratulations on reaching this milestone.



Vijhan Woodley

Vijhan Woodley graduated Charles E. Mills Secondary in 2017. She is the daughter of Vanessa Woodley, who was also a pass student and teacher of the same school then named Sandy Point High School. Vijhan is committed to excellence. At fifth form she sat 11 CSEC General Proficiency subjects. She obtained passes in all 11 subjects with 6 grade ones and 5 twos. She returned ones in the subjects; Mathematics,

English, History, Chemistry, Biology and Physical Education. She received twos in Geography, Physics, Spanish, Art and Home Economics. She gained top scores of her graduating class in Mathematics, Chemistry, Geography, Physics and Biology. Hence obtaining the award for best Math and Science student.

Vijhan is enrolled in the Clarence Fitzroy Bryant College's (CFBC) Division of Arts, Science and General Studies. There she is majoring in Mathematics and taking Chemistry and Spanish as electives. She is very ambitious and continues to push herself towards excellence. At CFBC, she sat 7 subjects where 4 subjects is the average number of subjects taken by students at this level. Of these, 6 are Advance level, and Information Technology an O'Level. She is hoping to become top student to obtain the State Scholar Award in her graduating year. After her two years at the CFBC, she wishes to continue her studies at a University in the field of Actuarial Science.

Furthermore, Vijhan strives to ensure that she lives a balance life. This she does by giving time to extra-curricular activities even as she prioritises her academics. She is very talented in the performing Arts, particularly dance. She is a member of the Dance and Cheerleading clubs. Also, she is a member of the Science club and a community outreach club.

For being the student from Charles E. Mills Secondary School who attained the best CSEC results in Mathematics and Science subjects (Chemistry, Physics, Biology, etc.) and who is enrolled at the CFBC, Vijhan Woodley is the 2017 recipient of the **The Annual Alrick V. Warner CEMSS Science & Mathematics Scholarship.**



Lufkin Forster

Lufkin Foster was raised in a single parent family home, in the small community of West Farm, Saint Kitts. He always aspired to achieve greatness, had a hunger for success and was determined to excel in his future endeavours.

During his early educational life, Lufkin received many awards for academic excellence and extracurricular activities, such as participating in the Verchilds High School Drum Core and Choir, the Kittitian Super Star and the SCASPA Best in Class Quiz Competition.

As the great Antoine de Saint-Exupéry once said, "A goal without a plan is just a wish". On completion of his academic year at The Verchilds High School, with strong faith and diligence, Lufkin's dream became a reality when he graduated with 12 CSEC. They included 5 grade one (I) passes. He was then given the honor of delivering the valedictory address to the class of 2017.

Later, Lufkin continued his path of excellence by enrolling in the Clarence Fitzroy Bryant College (CFBC), where he is currently perusing his Associate Degree in the field of Natural Science. Presently, he has completed his first year of study at this institution. He experienced many of the trials and challenges that this intense college life has to offer. Chemistry was one of the most challenging courses that Lufkin encountered, but with perseverance, he gradually improved. Apart from those setbacks he endured, he managed to maintain a high standard in his most valued courses, Mathematics and Biology.

With Lufkin's strong passion for Science and his desire to help others, he has decided to branch out in the area of cardiothoracic surgery, in hopes of becoming the first Cardiothoracic Surgeon in the Federation of Saint Kitts and Nevis.

[Wanner Scholarship Continues next page...](#)



On the prestigious day celebrated as National Heroes Day in the Federation of St. Kitts and Nevis, in the village of the first National Hero (St. Paul's), James and Arlene Ward were blessed with the gift of **Arljanique**. From a tender age, she displayed a love for reading and the desire for success.

Arljanique Ward

As she entered the gates of the St. Paul's Primary School these were major contributing factors for her success and love for composition writing. Arljanique entered a number of essay writing competitions and at age 10, she won the St. Kitts Nevis-Anguilla National Bank Limited 40th Anniversary Primary School Essay Competition. Graduating as valedictorian of the St. Paul's Primary School's class of 2012, Arljanique entered the Charles E. Mills Secondary School.

It was at this institution that her love for the languages, science and accounting was fostered. Arljanique was a devoted member of the school's choir. During her five year tenure at C.E.M.S.S, she continued to strive for excellence and graduated with eleven subject passes with eight grade one's. She attained grade one in English A, English Literature, French, Spanish, Principles of Accounts, Biology, Physical Education & Sports, and Human & Social Biology, and she secured grade twos in Chemistry, Mathematics and Caribbean History. With that foundational success, she then enrolled in the Division of Arts, Science and General Studies at

the Clarence Fitzroy Bryant College.

With her passion for the arts, Arljanique has been involved in a number of singing, dancing and drama groups. She is an active singer in the St. Paul's Wesleyan Holiness Church and assistant director of the Junior Voices Choir. She ensures to enjoy a balanced life by taking part in these extra-curricular activities as well as watching basketball and cricket. Her compassion and care for others is evident in her willingness to support community engagement. She has given her support to her church's vacation bible school, the Probation and Child Protection Services (P.C.P.S) Creative Arts Summer Camp and the Promoting Excellence while Expanding Knowledge (P.E.E.K) Summer Camp. She also assists students with English, Spanish and French oral presentations. Arljanique is of the opinion that her successes thus far have been achievable not only by her efforts but with the support from those around her.

For her being the student from the Charles E. Mills Secondary With the best CSEC results in the liberal arts or Social Sciences subjects (e.g. English, Literature, Accounting, Social Studies, Geography, etc.) who has gone on to enroll at the Clarence Fitzroy Brant College, Ms. Arljanique Ward is the 2017 recipient of the **Annual Pearline Warner CEMSS Memorial Scholarship**. SPBS is very proud of the attainment of Ms. Ward, A SPBS Principals Award recipient who has received this award. Thus, SPBS congratulates Ms. Ward and looks forward to her continued successes while she is at CFBC and beyond.

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Giving Back So Others Can Move Forward In Action

Scholarships



The Principal Awards

The Monroe College

The Rawlins Graduate Scholarship

The SPBS Undergrad Scholarship

Warner's Excellence of Education Scholarship

The Ridley-Guishard Memorial Scholarships



Always Believing – We are the Sandy Point Benevolent Society!

Personality of a winning organization!
SPBS Chat!



Some people ask how does a volunteer group "keep it real" for so long?
Some say it is because we are always working!
Others claim it is because we like each other.

I heard it personally from the SPBS Chairman -
"it is because we stay relevant by, for example, responding to current events like we did with our hurricane relief fund".

According to our treasurer—For me it is our commitment to our youth.
"simply seeing the web of connectivity and caring with our mentoring program motivates me to keep going".

For our SPBS Vice president "it is the pageantry that comes along with our recognition dinner".

And our president -
he likes the handshakes!
He likes to see us deliver on our commitments to strangers.
He reflects on his favorite saying "it takes a village"!

SPBS remains indebted to the likes of Hannah Guishard, Sir Hugh Rawlins, Honorable Constance Mitcham, Robelto "Tango" Glasgow, Jaqueline Payne and Tessa Allen. It takes a village!



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The central graphic features a circular logo for 'COFFEE SHOP' with a coffee bean and cup icon. Surrounding the logo are images of various coffee drinks: Espresso, Mocha, Latte, and Cappuccino. To the left are images of smoothies, and to the right are images of snacks like a pizza, a cinnamon roll, and sandwiches. Below the images is a text box with the address and phone number.

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Mmmm Mmmm Gooood !!

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DINE WITH DADS

Hosted by SPBS SKB Chapter

It was another exciting and entertaining afternoon when, over 100 persons converged at the exotic Eco Park, to celebrate Fathers' Day. The occasion dubbed, ***Dine with Dads***, was the second annual Fathers' day celebration organized by the St. Kitts Chapter of the Sandy Point Benevolent Society (SPBS).



Three fathers from the Sandy Point community were recognized for their dedication and supportive role as fathers. Mr. Anthony "Loaf" Jeffers, Jacky "Lil Willie" Jeffers and Corris Douglas were the Fathers recognized and given Plaques as a token of appreciation. One of the fathers said ***"I am really pleased and excited with the Fathers being recognized today. I must congratulate the organization for what it has done."*** He went on to explain that too often the ordinary person is ignored because of their social or economic standing in the society.

The Fathers were treated with some of the Federation's finest models who moved gracefully between the tables wearing casual wear, batik wear, evening wear



and snippets of swim wear. This segment was organized and hosted by our own Miss Jackiema Flemming, current Miss St. Kitts National carnival swimwear.

It was something special to hear some of the children speaking publicly about their love for their fathers who sat there beaming with joy and satisfaction. Coupled with this, was the great gifts distributed to some fathers in the form of giveaways. The well appreciated gifts valued over EC\$1000.00 and included, bottles of wine, a dinner for two and range of gift vouchers from several business places.



It was sheer elegance, tasty food and fantastic entertainment that kept the audience buzzing with excitement. The small team of Shermin Stevens, Dorita Lewis, Jackiema Flemming, Ian Queeley, Anthony Wiltshire, Ralph Wilkin and Stephen Duggins must be commended for their commitment, hard work, and professionalism.



Special thanks to all those who contributed in some way to make the activity, ***"Dine with Dads,"*** the success it was.

children and climate change

CHILDREN OF THE CARIBBEAN FOUNDATION



Our Philosophy

We believe that children are disproportionately affected by shocks and stresses related to climate change and natural disasters. Children face greater risks than adults from vector-borne diseases, under-nutrition, diarrheal diseases, and heat related health risks. The physical, economic, and psychological impacts of climate-related disasters exacerbate existing inequalities between children in terms of nutrition, health, and achievement in the long term. Every area in which **Children of the Caribbean Foundation** focuses its efforts - maternal and child health, HIV/AIDS, water and sanitation, social development and education - is affected in some way by climate change and/or environmental degradation.

Our Method

Children of the Caribbean Foundation addresses climate change by implementing the following measures:

1. Reduce the Risk of Natural Disaster:
 - We tackle the challenge of reducing natural disaster by supporting environmental sustainability programs, and by implementing climate and environmental interventions for children.
2. Respond to the Needs of Children During and After Disaster.
3. Assist Communities to Prepare for Potential Future Risks
4. Match Resources to Children's Needs:



Immediately after raising the funds, we hopped off to Florida to shop for food and much needed supplies for the victims of hurricanes Irma and Maria in 2017!



2017 - The Public Health Center on the Carib Reserve distributes supplies from Children of the Caribbean.

SPBS Mentorship Program Turns 5

The theme, “We give back so others can move forward” has been one of the guiding principles underpinning everything that the Sandy Point Benevolent Society (SPBS) does, and the SPBS Mentorship Program is no exception.

What is the SPBS Mentorship Program?

The SPBS Mentorship Program has been framed around the passage in Proverbs 27:17 which reads, “As iron sharpens iron, so one person sharpens another.” Honesty, respect, and collaboration are core principles. *The program aims to strengthen the resources available to recipients of the SPBS Principals Award while they are still in the formative secondary school years.* The program has been so structured that service and giving back run throughout. The mentors are persons who received the SPBS Principals Award and have since graduated from the Sandy Point High School, now Charles E. Mills Secondary School. These mentors provide support and guidance for the mentees in all spheres of their lives, not just academics.



Currently, there are fifteen (15) students of the Charles E. Mills Secondary School who are SPBS mentees. Each student who receives the SPBS Principals Award at the end of Grade 6 in the St. Pauls, Newton Ground and Sandy Point Schools, becomes a member of the SPBS mentorship program. From their first term at High School, the Program Coordinator visits the school to see them in their classes, convenes an initial introductory briefing with each one and then with all three (3) of them. They are given an initial overview, required to complete the Introductory data



sheet and apprised of upcoming SPBS mentorship events. A Coordinator then reaches out to the parents, providing them with an overview of the SPBS Mentorship program and securing their commitment for their child’s participation. The parental buy-in has gone a long way in providing us with invaluable insight about the mentees. Parents reach out to Ms. Gumbs when there are matters affecting their child’s academic experience. This further enables the coordinator to interface with officials at the school to gain additional information about each mentee, and that information is used subsequently to better assist each mentee.

During the course of each year, mentors and mentees connect at various times and in various ways. There is often the general meeting in Term One where the first formers are welcomed and oriented to the Mentorship program and made aware of the various avenues of support that the program offers them. Mentors are required to communicate regularly with their mentees and to meet up with them at least once every five (5) weeks. Mentors and mentees also have the support of the program coordinator who they can contact on matters and mentors are required to give periodic updates. Throughout each academic year, activities are designed to improve their communication, social and interpersonal skills, even as they receive academic guidance and participate in motivational study skills sessions. Each academic year ends with a social event for all mentors and mentees.

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Excluding Desiree Gumbs who functions as coordinator and also as a mentor, there are currently eight (8) other active mentors (Denver Mike, Devatrea Mike, Sharine



The Road Ahead

As the SPBS Mentorship Program continues to grow, we are witnessing the forging of stronger bonds of solidarity and collaboration. In most of the form levels, the mentees have been developing meaningful friendships and support structures. We have also observed more instances where younger mentees are reaching out to their peers in upper form levels when they need assistance of any kind. While these bonds strengthen, we encourage current mentees to capitalize on the community of support that is available to them. These collaborations, at various stages of the mentee development, form an integral part of lifelong success for the Federation's young people. Indeed, through this very robust and visionary initiative, the future of our community and country looks bright.



Hodge, Azariah Vanterpool, Arljanique Ward, Janecia Williams, Janesha Hyligar, Zonique Browne) while there are five (5) who have migrated in pursuit of higher education (Lovilla O'Flaherty, Joyan Wiltshire, Erian Jeffers, Jelees Dolphin, Dijani Laplace) and one for employment opportunity (Siejah Mike). It would be great to have more active male mentors to give greater support to our male mentees.

Worthy of note is the fact that five (5) of the current mentors were previously mentees in the same program and are trying to share of themselves as they would have been empowered through the SPBS mentorship program.

The Voice of the SPBS Mentors

(Denver Mike, Devatrea Mike, Sharine Hodge, Azariah Vanterpool, Arljanique Ward, Janecia Williams, Janesha Hyligar, Zonique Browne) while there are five (5) who have migrated in pursuit of higher education (Lovilla O'Flaherty, Joyan Wiltshire, Erian Jeffers, Jelees Dolphin, Dijani Laplace) and one for employment opportunity (Siejah Mike). It would be great to have more active male mentors to give greater support to our male mentees.

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Continued On Next Page

The Voice of the SPBS Mentors

Here are some of the views of the mentors regarding their involvement in the mentorship



Denver Mike

“I like to tell the mentees that academic excellence is just part of the equation for success in life. I am often very frank in sharing that access to different opportunities where they can showcase their academic knowledge. It comes down to their network! This is one of the reasons why the mentorship program is so important: it allows the students the opportunity to not only sharpen their academic skills, but also to nurture and build a network of individuals that can support their success for years to come. Through the program, I hope students understand that one cannot truly be successful in a vacuum and that their ultimate goal should be to become well-rounded, conscientious human being.”



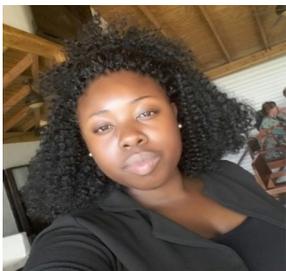
Sharine Hodge

“Being a mentor in the SPBS program has been very rewarding. I have seen strength and improvement in existing connections during this period. I pursue communication via cell phone [and] with the parent of one of my mentees who is currently without a cell phone..... I’ve been able to provide academic assistance in a few crucial areas and I’ve assisted with social issues, along with an oral presentation ... I’m looking forward to upcoming social events where we can balance the academics that will give the wholesome experience for which this mentorship program was designed. I’ve also seen improvements socially..... I’m hoping to continue to develop closer ties with my mentees ...”



Devatrea Mike

“When I think about the mentorship program, I immediately think about family and opportunity. I must say that it is extremely satisfying when I’m able to provide support to my mentee academically and socially. I’m here as a guide, a source of knowledge, an example and most of all, as a motivator to not only my mentees but to the others. We have all been in a position where we needed help. So, I am playing my role and using this opportunity to help others.”



Janecia Williams

“[The group] has and will always be a quarter back for my success and that of the other members Being part of this group as a mentee has provided me with a platform on which I have been able to express myself and find solutions to my own concerns and problems. It has generated great mentee-mentor relationships for many individuals. Throughout my years, I have seen this unit grow to emulate that of a family. No one is ever left hanging, everyone feels included, mentees become closer friends, social and oral communication skills are heightened, open discussions are promoted to air the problems and concerns that each individual has. Hence, all of these will be great beneficial to the mentees as they grow with this group and enter into the “world.” I am now in a position to help mold and steer my mentee and others in the right direction. I am that role model for them and give back to them what this organization has so graciously gifted to me.”



Zonique Browne

“The SPBS Mentorship Program is an astonishing platform that facilitates personal development not only my mentee but also for myself. It is an excellent forum that allows engagement so we’re able to find out about each other, other mentors and mentees. I have been able to share experiences and give advice to my mentee. Initially, I felt that academic success was the ultimate priority for the mentorship program but it turns out that becoming well rounded individuals is an equally important goal. We have now built lifelong relationships because we share common positive life goals! My mentee and I are grateful for the mentorship program!”



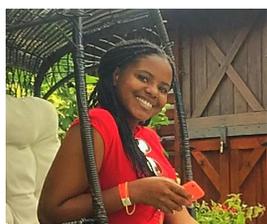
Azariah Vanterpool

“The SPBS Mentorship Program has enabled me to see that I can make a difference in someone’s life. It is through this program I came to understand the old adage, ‘As iron sharpens iron, so one person sharpens another.’ Being a mentor, gives me a sense of purpose. I am confident in my abilities and capabilities to contribute to the overall development of an individual; not only academically, but socially and emotionally. The program has helped me to develop a bond (a sisterhood) with my mentee as I am not just her mentor, but I am her counsellor, advisor, biggest supporter, hair dresser and most importantly, her friend. However, [I am also] challenged ...to be and become the best me as I have to be an example for that individual to emulate”



Arljanique Ward

“I have benefited from being both a mentee, and a new mentor. This program provides mentees with the necessary knowledge and skills needed to conquer their academic and social fears by creating an interactive relationship with experienced persons. Being a mentor in this program has taught me many things and has changed my perspective in relation to the mentor-mentee relationship. I have developed my communication skills and accessed new ways to assist others holistically. I commend the Sandy Point Benevolent Society for initiating this great program.”



Janesha Hyligar

[This] “...program has facilitated my success throughout High School through the numerous study meetings, which were held regularly at the school...[and it] helped me to grow socially through contact with the members of the group. Having participated in this program over the years, I’ve noticed the positive effect the mentor-mentee relationship has on the developing mind. This has motivated me to become the best mentor possible to those who may follow me.”

Saluting the Founder and Visionary – S. Desiree Gumbs

The SPBS remains very grateful to S. Desiree Gumbs who not only conceptualized the Mentorship Program and its functioning, but also implemented it upon her return to St. Kitts in August 2013 after pursuing Graduate studies in New York. Since its commencement, Ms. Gumbs has single-handedly spear-headed and coordinated the SPBS Mentorship Program. Cheers Lady Gumbs. Your sacrifice and dedication to our nation’s youth continues to reap invaluable rewards.

Time well wasted.



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SPBS Scholarship's Yielding Dividends

The Sandy Point Benevolent Society's flagship programme "The Principals' Award" is regularly yielding dividends or the investment that has been made in the young people of Sandy Point and surrounding communities. The society began its scholarship programme some twenty-one (21) years ago by awarding a scholarship to the student with the best results coming out of the Sandy Point Primary School and entering the then Sandy Point High School now Charles E. Mills Secondary School (CEMSS). The scholarship was later expanded to include all three feeder schools covering St. Pauls' Primary, Newton Ground Primary and the original recipient Sandy Point Primary.

The first recipient of the award was Denver Mike, who went on to undertake studies in Business and is currently doing post graduate studies. All of the recipients of the Principal's award are either in or completed University in or recently completed Clarence Fitzroy Bryant College (CFBC) or are in Secondary School. Among those currently in University are Jeleese Dolphin, Erian Jeffers and Dijahani Laplace.

Three of those currently in Secondary School are already demonstrating the benefit of the investment made in them by SPBS. Tecoya Warner currently in 5th Form represented the school in a Tourism Debate against the other Secondary Schools in 2017 and was victorious. She was named Junior Minister of Tourism and travelled to Grenada where she represented St. Kitts at a Tourism Youth Congress as the Junior Minister of Tourism.

In 2018 another Principal's Awardee, Ashaun Brown, also won the Tourism Debate among the Secondary Schools and was also named the Junior Minister of Tourism. He will represent the federation in a Tourism Youth Congress Meeting in the Bahamas in October, 2018.

Another Principal's awardee Safin Connor originally out of Newton Ground Primary School now currently in 4th Form at the Charles E. Mills Secondary was selected by the US Embassy to represent the federation as a Youth Ambassador in this year's World Learning Youth Ambassador Programme. He was adjudged the most impressive application from a large field from both islands by a four man panel out of the US Embassy in Barbados. Safin will travel to the United States in August to repre-



sent the federation and interact with other young people from the region and further a field in this Youth Ambassador Programme.

The mentorship programme managed by Ms. Stacey Gumbs on behalf of SPBS provides invaluable guidance and support to the mentees both from an academic and social standpoint.

Congratulations to SPBS as it continues to invest in the nation's youth and see its investments yield dividends well into the future.





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A Personal Statement From Kadeem Rogers



In August 2014, I traveled overseas to pursue a Bachelor of Science Degree in the field of Aviation Management at Kent State University. The road was tough and full of obstacles but thankfully, I persevered. I was able to graduate, with Cum Laude Honors, after completing my four-year program.

Aviation has been close to me even at a young age. It blossomed into a passion since my mother took me with her on a few flights overseas. What I saw amazed me and I was hungry to learn more.

In some strange way, I always thought that my mother wanted me to pursue this field of study and be a part of the STEM (Science Technology Engineering and Mathematics) community because she too, was fascinated with airplanes, airports and how they seamlessly co-existed. I'm very lucky to have her in my corner to support me when others thought I would fail.

My field of study focused on the managerial and administrative factors in Aviation and other Aviation-related Professional Fields. My studies combined technical and aeronautical courses with areas in management and information system. A few persons didn't understand

why I would pursue this and even why I would return home. One person said, "a job will be hard to find." However, I did not see it that way. I think sometimes one must be persistent, follow one's own path, step outside the general norm of things and challenge innovation especially within one's own country. I also pushed and encouraged the youths of tomorrow to never search for degree because of a job, but do so because they're passionate about it and want to change or advance the country's economy, for the next generation.

I wish to thank and have profound respect for the people at the Sandy Point Benevolent Society for believing in me and giving me my very first scholarship, while I was studying abroad. They believed in what was trying to achieve and supported me, however, my educational journey hasn't come to an end as yet.

Following my graduation in May of 2018, I have been encouraged to pursue my Master of Science degree in Business Analytics for the next two years. Business Analytics provides students with a comprehensive knowledge of analytics that balances the technologies, analytical methods and business expertise needed to glean useful information from data and make strategic business decisions. The language of business today is dependent on information, data management and the emergence of advanced technologies. It is used for capturing, preparing and analyzing data which provides unprecedented opportunities for those with business analytics expertise.

After graduating with this degree and combining the knowledge from my first degree, I will be able to return home and help to provide technological advancement within my respective fields.

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At the Recreation Ground

By: Stan Lewis

In sports, Sandy Point has always been a force to be reckoned with. This was recently highlighted by Charles E Mills Secondary School, a dominant force in the athletic arena. In a March 2018 meet at the Kim Collins Athletics Stadium, Sandy Point students joined forces with district school mates capturing 62 medals including 27 Gold, 16 Silver and 19 Bronze in the annual inter-high school meet. But if there is any doubt about CEMSS prowess, you would be pleased to know this is the fifth consecutive year the school has won the national title. Needless to say it is unprecedented, a record that is perhaps the envy of every coach and high school.



The previous generation at the then Sandy Point High produced outstanding athletes with similar abilities but interestingly, some came as a family package. Sibling sprinters like the Adams brothers – Arthur, Cyril and Patrick; El-el and Claudia Warner – a sister-brother combo and the dominant Taylors – Ruby, Jose and Orville from Newton Ground, did not disappoint spectators. Many of the same students participated in a 1967 Statehood meet at Warner Park with an impressive showing by El-el Warner, Milton Mills, Arthur Adams, Ruby Taylor, Nadine Warner and Dahlia Woodley. There is also a long list of individual performers like Glenville Brown, Carl Allen, Charlie Mentos, Ezzard Wilson, Ziko and others like Milton Mills in Steeple Chase and long distance, Vincent Warner who excelled in shotput, Charles Hodge and Arnold ‘Penny’s’ Pennyfeather in high jump and pole vault. These high jump performers followed the path of ‘Pie’ Bergen who was not a student at Sandy

Point High but a top rated Grammar School and island high jumper.

Meanwhile, during this time cricket was popular and Sandy Point produced several great players. Many did not have the opportunity to play first class cricket in Warner Park or qualify for the island team and were overlooked. However, Will Brown and Desmond Warner later made a breakthrough, were selected for the island team followed by others like Lloyd Wattley, Joseph ‘Barbie’ Dixon and Ramsey Dixon.

During that time, for local sports, all roads led to the Recreation Ground. First Class and inter-island cricket were played at Warner Park and die-hard fans followed regional tournaments on transistor radios. International games were also broadcast live over ZIZ during the day and evening and when transmission ended, dedicated followers listened to late night coverage of West Indies versus England, Australia, India, New Zealand or Pakistan on short-wave radio. The relayed coverage reinforced their interest but perhaps the most welcomed change was the introduction of TV. During this time TV was new and very few owned or could afford such a luxury. Enticed by the new technology, dedicated fans overlooked a long held trepidation, threw caution to the wind and walked from as far as Crab Hill to join crowds at the Hanson Home, the only ‘public’ television in Sandy Point.



At the Recreation Ground Continued

Back then, cricket buffs like Aurelstine 'Bimchi' Warner recalled international team's statistics on a whim. Every fan was an aficionado, pundit, or historian but Andrew Weekes was perhaps the epitome. Immersed as a player, analyst, statistician, historian and umpire, Weekes took his passion to another level and became the first and only person in the Federation not only to be certified but also umpire a Test Match.

But it was not just cricket. On Whit and August Monday, the community was treated to a cycling event. There were several good athletes like Ellis Caesar but no race was truly competitive or drew a large crowd without Fred and Pampy. It was always a showdown between both who gave it their all. Many bets were made and arguments went on for days about who was the better cyclist.

Yes, cycling and cricket were exciting but football engendered the greatest passion. No other sport produced so much rivalry and contention, and exuded such emotional partisan support. Dedicated individuals like Emile Laplace, Landon Peets, Patsy Mack, Milton Herbert and others made major contributions that produced outstanding performers like 'Pall Mall' Brown, 'Charlie' Mentos, John 'Namtambo', Neville 'Manny' Weeks, Alwynne 'Corner' Mentos and others.

Teams were home grown with proud names like Crab Hill United and The Alley. Every match was exciting and few communities if any matched the fervor of Sandy Point. An outside team not only had to bring it's A game but a thick skin as passions ran high, amplified during an encounter with a visiting team. Visitors were in for serious banter that began with a teasing and chastising upon arrival. During a game, there were few in the pavilion as the crowd gathered on the grounds energized by a contagious heckling, agitators going up and down the sidelines back and forth, pointing and shouting. It was always exciting, the impassioned high-spirited energy, all in the name of fun and community spirit.

To all athletes, sportsmen, umpires, coaches, referees and supporting casts past and present, we celebrate your efforts, commitment, determination and accomplishments.



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MARIJUANA

By: Dr. Mervyn Richardson

Marijuana also known as “pot,” “weed,” “Mary Jane”, “Reefer”, “blunt” and “grass” comes from the plant *Cannabis sativa*. It usually consists of the dried leaves, flowers, stems, and seeds. It is one of the oldest naturally psychoactive substances known to humans and grows naturally in many countries. It is consumed in several ways, the most popular of which is in the form of a rolled cigarette (also called a spliff or a joint) that is smoked. It is also smoked in pipes or in the shell of an emptied cigar where it is often mixed with another drug.



Marijuana is also consumed as tea, in pastries and other types of food.

In the Caribbean, most countries report some small levels of domestic production of marijuana. Although marijuana has been used for both medicinally and recreationally throughout the world for thousands of years, it still remains illegal to grow, use and possess in many countries, including St. Kitts and Nevis. Although it is illegal to use marijuana for recreational purposes, its use as a potential therapy is legal and deemed appropriate in some countries.

Marijuana is more popular and accessible in the U.S. than any other street drug. From national surveys, it has been reported that 48 percent of Americans say they have tried it, and 6.5 percent of high school seniors admit to daily use.

Cancer patients sometimes smoke pot to relieve the pain and nausea brought on by chemotherapy, and some people with the inflammatory disease multiple sclerosis rely on marijuana to ease muscle stiffness. There is some evidence indicating therapeutic benefits of marijuana use in neuropathic pain, inflammatory bowel diseases, managing symptoms of chemotherapy and treatment of resistant epilepsy in children.

Although many physicians agree that marijuana is safe enough

to temporarily alleviate the symptoms of certain medical conditions, the safety of recreational use is poorly understood. Researchers worry that both the short- and long-term use of the drug may harm the body and mind. Marijuana's continued popularity among teenagers raises concern because the drug might hinder the ongoing maturation of the adolescent brain. Compounding the issue, new growing techniques for the *Cannabis sativa* plant have dramatically increased the drug's potency. Some experts suggest that such high-potency weed is fueling a rise in cannabis addiction. Finally, although investigators still debate how the legalization of recreational marijuana will change road safety overall, studies indicate that the drug slows reaction time and impairs distance perception behind the wheel.

Whether smoked or eaten in a confectionary like brownie, marijuana profoundly changes behavior and awareness. The primary psychoactive compound in marijuana, tetrahydrocannabinol (THC), mimics the structure of molecules called endocannabinoids that the human body produces naturally. Endocannabinoids stimulate cannabinoid receptors that help to regulate appetite, mood and memory.

When THC attaches to specific cannabinoid receptors in the human brain, it triggers both unusually elevated and abnormally low levels of various neurotransmitters. The result is the well-known “high” of marijuana. Suddenly, the mundane seems hilarious, and ordinary foods taste delicious. People generally feel merry, relaxed and introspective, although undesirable effects—such as paranoia and irritability—are common as well.

Marijuana also temporarily impairs an array of mental abilities, especially memory and attention. Numerous studies have shown, for example, that people under the influence of marijuana perform worse on tests of working memory, which is the ability to temporarily hold and manipulate information in one's mind. Participants in these studies have greater difficulty remembering and reciting short lists of numerals and random words. Research has further revealed that cannabis blunts concentration, weakens motor coordination and interferes with the ability to quickly scan one's surroundings for obstacles.

Such mild cognitive deficits may not endanger anyone if a marijuana user chills on his/her couch, but it is a different story when someone takes that high on the road. In driving-simulation and closed-course studies, people on marijuana are slower to hit the brakes and worse at safely changing lanes. Investigators still debate, however, at what point these impairments translate to more traffic accidents. A 2009 study found an increased risk of accidents for levels of THC higher than five nanograms per milliliter of blood, which some evidence indicates is as impairing as a blood alcohol concentration around the legal limit of 0.08 percent. Typically, one would have to take several puffs of a joint to reach such a concentration.

Increasingly potent marijuana of recent years may be driving a sharp rise in cannabis addiction among adolescents, according to a report released by the American Society of Addiction Medicine. Between 1993 and 2008, the average concentration of THC in confiscated marijuana jumped from 3.4 to 8.8 percent. Meanwhile hospital and rehabilita-



tion center admission rates for minors abusing marijuana soared by 188 percent between 1992 and 2006. In contrast, admissions for alcohol abuse for the same group over the same period declined by 64 percent.

Although marijuana's immediate effects are relatively easy to monitor in the lab, the drug's long-term effects on body and mind are harder to determine. In one recent study, clinical psychologist Madeline Meier of Duke University and her colleagues examined data from 1,037 New Zealanders. They found that people who began using pot earlier in life and used it most frequently over the years experienced an average decline of eight IQ points by the time they turned 38. By comparison, those who never smoked pot had an average increase of one IQ point by the same age.

A reanalysis of the New Zealand data by Ole Røgeberg of

the Ragnar Frisch Center for Economic Research in Oslo, however, suggested that the IQ difference could be explained by socioeconomic factors. People who start smoking marijuana at an earlier age are often less intelligent to begin with. Even if this is true, Meier says, her study shows that the IQ drop is greatest for those who started smoking pot as teenagers rather than in adulthood, indicating a worrisome cumulative effect regardless of intelligence.

Positive things marijuana can do:

- Reduce or control epileptic seizures
- Can decrease symptoms from Dravet's syndrome
- THC may slow the progression of Alzheimer's disease
- May prevent or settle down muscle spasms
- Alleviates symptoms from Hepatitis C treatments
- It may be used to treat inflammatory bowel diseases
- May be used to improve metabolism
- It can soothe Parkinson's disease tremors
- Can be used to treat Post Traumatic Stress Disorder (PTSD)

Negative things marijuana can do:

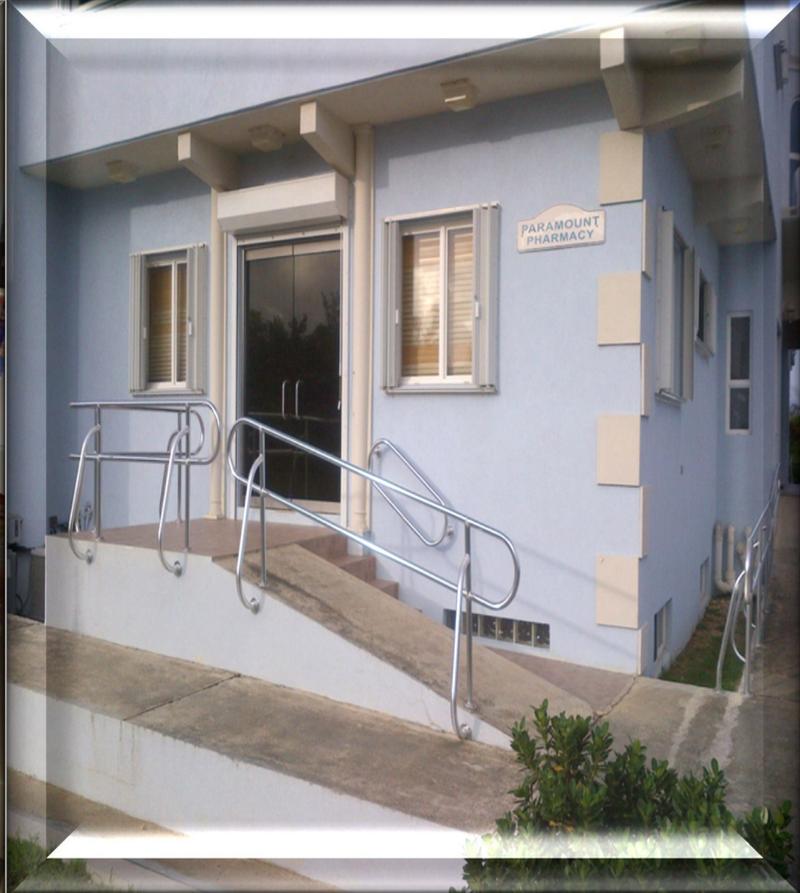
- Impairment of thinking, problem-solving skills and memory
- Lowered reaction times and altered perception
- Reduced balance and coordination
- Apathy, drowsiness and depression which may affect personality and mood
- Increased risk of heart attack
- Heightened risk of chronic cough and respiratory infections
- Potential for hallucinations and withdrawal symptoms
- Immune system suppression from long-term use
- Reduction of sexual capacity and male sex hormones

Should recreational marijuana be legalized?





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Hello to all my Caribbean people, especially those from Sandy Point.

Pets are living longer now due to better diets and veterinary care. However, they are experiencing more age-related health conditions.

When does your pet become senior? Small dogs and cats are considered geriatric at 7 years, but large breed dogs become geriatric at about 6 years of age. The oldest



cat recorded age was 34 years and the oldest dog was 29 years.

- ◇ The geriatric pet should have semiannual vet visits for early detection of disease conditions.
- ◇ The pet should be on an easily digestible diet that contain anti-aging nutrients.
- ◇ Weight gain should be monitored closely in dogs and weight loss are always a concern for cats. In dogs Diabetes and Hypothyroidism are paramount importance with weight gain, whereas Hyperthyroidism, Renal disease and Cancer the main concern with cats losing weight.
- ◇ The immune system is weaker in older thus the senior pet is unable to fight off diseases and heal as quickly as the younger pet.
- ◇ Exercise help to keep the geriatric pet healthier and more mobile.
- ◇ The older no neuter/ spay senior pet has a greater risk for mammary, testicular and prostate cancer.

The most common diseases the senior pets tend to develop are cancer, heart disease, kidney failure, arthritis, senility and endocrine diseases such as Diabetes and Thyroid disease.

The common signs of **Cancer** in pets are swollen abdo-

men, bleeding, difficulty breathing, anorexia, weight loss and visible mass / tumors.

- * **Heart disease** is frequently associated with a cough, difficulty breathing, exercise intolerance, weakness and decrease appetite.
- * Some signs of **kidney disease** are decrease appetite, increase thirst and urination, vomiting, mouth sores and halitosis.
- * **Osteoarthritis** is typically a problem in large breed senior pets. Favoring limbs, difficulty standing/sitting, Hesitation in running and climbing stairs are the main signs of arthritis.
- * **Behavioral changes / cognitive dysfunction** is common in older pet. Signs include vocalization, disorientation, irritability, anxiety, house soiling, wandering, confusion and change in sleep cycle.
- * The clinical signs of **Diabetes** in pets are drinking, urinating and eating excessively.
- * The sign of **Hyperthyroidism** in cats is eating ravenously with massive weight loss. **Hypothyroidism**



in dogs are noted for weight gain, dull hair coat, dry skin and darkening of the skin.

- * The question of when is the right time to euthanize your pet is always a difficult question for the Vet and pet owners. There are times when euthanasia is in the best interest of the pet but sometimes it is less clear. One way to decide is using the Quality of Life Scale. This scale evaluate pet on these criteria: pain, hunger, hydration, hygiene, happiness and mobility. When the pet is having more bad days than good ones and quality of life becomes compromised, euthanasia should be considered. Please visit your Vet today with your senior pets.

Good Luck! **Dr. G**

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PLAYING WITH DIGNITY

By Albert Evans

As we look back over our lives we recall the wisdom and admonition of our parents, teachers, guardians, church leaders, and others who had an interest in our upbringing and well-being. They passed on to us principles of good living and reminded us that in our pursuit to win in life we must be mindful that the end may not justify the means. In short, we were advised that winning at any cost should never be the goal.

Consider life as a journey. We begin the journey at a specific time and conclude it at an unspecified moment. Between those two points, we engage in numerous experiences that involve the acquisition and application of knowledge and skills. Although life is sometimes equated to a game, I'd rather not utilize that concept in this piece for the mere fact, that, far too often life is thought of as an unserious, lighthearted activity, where someone wins and another loses.

When we came into the world, we came with expectations. Even though we could not articulate them in coherent and understandable ways, we were hardwired to experience the world of space and realities around us, and to react and respond to the changing scenes of life. Instinctively, we were programmed to contend with what threatened us, to defend our space, and mark our place. We emerged into the world ready to engage and experiment with the immediate and far-flung world.

Like you, I have seen too many, at the conclusion of a game, with their faces awashed in tears. The look of bewilderment and anguish enlarging the facial contours and lines to extreme lengths, a seeming hopelessness embodying a riveting outward empty stare, and a sadness that seemed to overshadow everything else.

The palpable pain and obvious suffering appearing as a threat to life itself. It's then I would ask myself: Did they not think that one of them would be victorious and one would not? Why the shock? What was the thinking all along? Is winning an outcome that endangers the life of some participants in the game?



Let's take a look at competing with a view towards making everyone feel unscorched and unfulfilled. First of all, is it possible to compete in a way that ends with genuine fulfillment by both sides in the competition? I sternly believe that it can be. What do you think?

In October, 2016, Dan Pompei who covers the NFL for Bleacher Report wrote an article about ball tampering in the NFL: How the NFL Cheats. He pointed out that some quarterbacks liked over inflated balls while other quarterbacks liked softer footballs as they were easier to handle in cold weather. He mentioned how Packers quarterback Aaron Rodgers preferred his footballs overinflated and Tom Brady of New England Patriots, who was suspended for four games was accused of releasing air from footballs to which he had access while in the locker room.

To win must never be at any cost. If the rules of the game are compromised in anyway, the victory is hollow and undeserved. When we play, we must do so with integrity throughout the game. The one who wins must have the sense of accomplishment and joy without diminishing the sensibilities of the vanquished. We can play to win and when we win, we must display an attitude of generosity. Keep in mind that if the other side did not play, against whom would you win? So, demonstrate a large capacity for chivalry.



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SPBS Scores Another Win With Its Investment In Youth

The CEMSS GEMS STEEL ORCHESTRA is in demand and has been gaining exposure on the National Level in record time. In November 2016, the Sandy Point Benevolent Society (SPBS) officially handed over a forty (40) piece Steel Orchestra to the Charles E. Mills Secondary School. The pans cost the organization in excess of US \$25,000, a very significant contribution, by all standards. At the handing-over ceremony a group of young 2nd formers who had been learning on the instruments for a few weeks astonished the crowd with their melodious tunes on the new steel pans. Their performance signaled the high quality of play that these young musicians would produce in the not too distant future.

Under the tutelage of a young musician, Mr. Dejohn Francis, the young players began to develop their skills and demonstrate their musical craftsmanship. Their hard work paid off when they placed 3rd in the National Steel Pan competition held in December as part of the activities for Carnival. What was most significant about their performance is that despite the fact they were the only student band, they held their own among players who had been playing before any of them were born. By the end of the competition, there was no obvious winner, so high was the quality of their performance.

Since their first public outing, they have played for school activities, community functions, government sponsored activities in the square and was invited to provide musical accompaniment for the 2018 Child Month march. In July, they will participate in a Steel Pan Festival in Nevis and in August, they will participate for the 2nd year running in the activities to mark Emancipation Day at Brimstone Hill.

None of the accomplishments of the CEMSS GEMS Steel Orchestra would have been possible without the sponsorship of SPBS of the steel pans. Thank you SPBS for your foresight and your wisdom in investing in the lives of these young people and giving them the gift of music.



Playing To



Win





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Playing to Win: A Youth Perspective

By T. Coreentje Phipps-Benjamin

In the Spring of every year, families, loved ones and friends in the U.S. flock to auditoriums and huge outdoor facilities to celebrate the academic accomplishments of the students in their lives. Some students walk away with illustrious awards, some with notable mentions, while others, knowing all too well the hurdles they had to overcome to graduate, are merely humbled to arrive at the finish line. Despite their area of study or their accomplishments, all graduates claim one title: They are Winners!

The academic journey is no easy feat. No matter where in the world students hail from, the college journey involves years of unforeseen challenges and unimaginable obstacles. Students make the journey, all the while garnering a wealth of life experiences that significantly helps to shape their character. Often, these students immerse themselves in academia with one goal in mind; to be successful and to graduate. No one enters college hopeful to fail. Their thrust is to win and move into a career that essentially rewards them for their success in academia.

College life exposes students to a realm of experiences, opportunities and exciting possibilities. In fact, the college experience is a tool that allows young men and women to essentially win in their short and long-term personal and professional goals. Certainly, one DOES NOT have to attend college to win in life. However, for many, the pursuit of higher education is a rite of pas-

sage; for others a privilege; a family's first chance at claiming a graduate. When the college journey ends, the graduate can take his or her rightful place on the world stage as a winner, positioned to successfully embark on the next leg of his/her life's journey.

The Successful College Tenure

In the game called life, no two experiences are alike. Plans for success in college and in life are mapped out differently, but all students face similar challenges and must apply themselves to the demands placed on them if they are to meet with success during their college tenure. One of the biggest mistake students sometimes make is thinking they have an abundance of time at their disposal. Success cannot come by minimizing the importance of crafting a plan for entry, tenure and exit in the world of college. A clear action plan breeds success, but it also sets the precedence for the approach students will take following graduation and subsequent entry into the world of work.

College is an opportune time to build structure and discipline; traits that help bring balance to any life. Interestingly, the Sandy Point Benevolent Society is hosted every year during the Labour Day Weekend when a host of new students are freshly minted as college students. They too will beam with pride and relief one beautiful Spring Day once they set attainable goals and remain diligent about their commitment to achieving them.

Life After the College Journey

Once a student wins at the pursuit of a college degree, his or her confidence level soars and it is only fitting for that student to feel ready for whatever the world offers. As with many things in life, the post college years are not always smooth sailing. Students must adjust to the reality of a sometimes not too flexible work week and essentially try to prove their value, often with little to no experience. Imagine winning in college and regarded highly as a student who is destined for success upon graduation, yet faced with the stark reality of weeks, sometimes months of joblessness? This is often a great time for young graduates to engage in truthful self-examination and consider their strengths, as well as their weaknesses. It's also important to seek out a mentor or mentors who can serve as a positive source of enrichment. These connections are almost always winners themselves in their respective fields and can assist new graduates with networking opportunities and resources that can complement their post college life.

Winning

The journey to success is a lifelong battle. In fact, there really are no shortcuts to sustained success. Young people, like seasoned and more experienced men and women, must continuously recharge, reinvent and recommit themselves to the ideals they hold close to them, along with the goals they envision for their lives. There is no magic formula to win. However, there are strategic steps young people can take to live wholesome and rewarding lives.

On its website www.success.com, students/graduates can explore five key points to adopt, with a view not just to win in life, but also to enrich their lives through structured goal setting:

Have a vision for your life

Believe in your ability to figure things out

Have fun, no matter what, chasing your dreams

Be patient but be persistent

Love and respect others playing the same game

The approach to success begins with introspection; an honest assessment of who you want to become.

- What are the qualities of the kind of person you want to be like?
- What are your dreams?
- What are your goals?
- What are your desires?

Where do you want to go in life?

What will you find meaningful at the end of your life when you look back?

Unfortunately, many young people never ask themselves some of these important questions during or after their college years. This approach does not position a young person to capitalize on the many areas of opportunities awaiting him/her.

Still, all is not lost. Think winning thoughts and become proactive about implementing these goals with a view to WIN!

Renowned American Recording Artist Angie Stone believes that a **winner never quits and a quitter never wins**. The quest for success begins with the acceptance that life, just like college, will be rife with challenges. No journey in the game of life will always be smooth. But with youth comes great opportunity to explore the world and one's self.

Playing to win in life involves capitalizing on an array of possibilities that exist, thereby making life and winning all the more gratifying.

FLYING EAGLES OF YESTERYEAR AND TODAY

BY PATRICK I. WILLIAMS

Elsewhere in this magazine is an article by Mr. Lewis extolling the exploits of Sandy Point High School's (now Charles E. Mills High School) former sportsmen at the Recreation Ground. On the other hand, my article showcases the achievements of athletes from the said school whilst on assignments at regional meets, colleges and universities.

Carl Allen and Nadine Duggins

In 1972, Carl Allen (who is now deceased) and Nadine Duggins represented St. Kitts and Nevis (SKN) at the 1st Leeward Islands Track and Field championships in St. Kitts.

Wynford Hanley

Wynford "Boxer" Hanley is the only SPHS athlete to win Victor Ludorum honours for 5 straight years. He is the only athlete to score a 800 m win over Ezzard Wilson. He won gold in high jump, long jump, 100 m, 200m, 400m and 800m races. He got the nickname "Boxer" from his antics during high jump competitions.

Ezzard Wilson

In 1973, Ezzard Wilson competed in the Inter Island Championships where he won both the 400m and 800m. After this track meet, Ezzard was selected to represent the country in the second Leeward Islands championship which was held in Antigua. It was during this meet that he really made his mark. He set a new record in the two mile run, and broke the mile record (2 gold medals), and won two silver medals – one in the 800 m.

Thanks to Peace Corps volunteer Kurt Camerud, Ezzard was awarded a Track and Field Scholarship to Idaho State University. He broke and set many records, won 4 Big Sky championships and represented Idaho State in the NCAA indoor championships on two occasions. To this date, he is still one of the top 10 record holders for the indoor 800m, and ran as fast as 46s, anchoring the 4 x 400m relay, while starting the 400 x 100m relay with a 10.7s split. He was the first athlete from SKN to win a full scholarship in Track and Field and was the first to represent SKN in the Commonwealth Games in 1978. To date he still holds the 800m indoor record in SKN and just last year one of his records in the 1500m which was set 33 years ago was recently broken by a young man from Sandy point.

Upon graduation, Ezzard was able to inspire many good athletes from SKN and in the 1980-81 school year, as the new director of athletics at the SPHS, he managed to win both junior and senior Inter-island championships. He was also the captain of the SKN athletic team from 1981-1982, until his departure from the island.

Kenrick Clifton

Kenrick was born in Sandy Point, St. Kitts of Anguillan and Nevisian parentage. At an early age, he showed promise in both academics and athletics while a student at the SPHS. He still holds the Class II high jump record of 6'2" which was set in 1976. He moved to the United States, completed high school and attended Boise State University in Idaho on an academic and athletic scholarship. In track, he set the Big Sky Conference 400m record and was named to the Freshman All-American football team the same year as famed Miami Dolphins quarterback, Dan Marino. Kenrick was one of Boise State's top point scorers in track and field. He finished second at the 1980 Big Sky meet in the 400 meters (47.36s) and finished fifth in the long jump (23 ft. 11 ins.).

Kenrick helped to pave the way for modern-day icons such as Kim Col-

lins. He is a former 400m National Champion and the record holder until recently. He is the first national to represent the county in the World Athletic Championships which were held in Helsinki, Finland in 1983 with the likes of Carl Lewis and Florence Griffith Joyner aka Flo-Jo. He was very active in his community and represented Sandy Point in both football and cricket and founded the Sandy Point B's Etonics Athletic Club which won the National Championships. After Clifton's active career, he was named National Head Coach and then served as President of the St. Kitts Amateur Athletic Association.

Eagles flying high today

We start off with the youngest ... Trishani Warner, a 14-year old student of the CEMSS who won gold at the 2018 CARIFTA Games in the U17 800m in 2:15.73 seconds. Her mother has already predicted an Olympic gold for the young athlete.

Kristal Liburd ends her first year at New Mexico Junior College (NJMC) with impressive performances. For the Triple jump, her personal best leap of 12.47 at the NJAA Division 1 Outdoors is a new national record. In the Long Jump, her season's best jump of 6.43 on April 14th is also her personal best. On May 1st 2018, Kristal placed 3rd in the Long Jump and 3rd in the Triple Jump in the just concluded NJCAA Division 1 Outdoor Track and Field Championships held in Kansas. The sky is the limit for this young lady.

In 2017, the Federation of St. Kitts and Nevis celebrated high jumper Jermaine Francis who was not only successful in defending his U20 High Jump title at the CARIFTA Games held in Curacao but also established a new record in that event. The young jumper won the gold medal in the event in 2016 in Grenada with a height of 2.11 meters and bettered his mark over this year, winning gold with a height of 2.22 meters and setting a new record. His mark is also a national junior and senior record. He also captured the silver medal in the high jump at the Pan American U20 Championships in Peru. His best jump was 2.19m. He has a very promising future ahead in the sport of Athletics.

Jason Rogers is a young upcoming 100m sprinter from SKN. He helped SKN win a bronze medal as a part of the 4x100m relay at the 2008 Central American and Caribbean Championships in Cali, Colombia and in 2010 placed 2nd at the CARIFTA Games in the Cayman Islands, and 6th at the 13th IAAF World Junior Championship, giving him the name "6th fastest junior in the world" (10.49s). In 2011, Rogers was the 1st leg runner for SKN relay team to win bronze in Daegu, Korea (38.9s). In July of 2012, Jason then set an impressive personal best of 10.06s becoming the NACAC U23 Champion. Jason has recently relocated to Toronto Canada to train and has already smashed his personal best, bringing it to 10.01s. His most recent success was at the 14th IAAF World Championships, where Rogers made it the 100m semi-final and placed 13th overall.

At the 2018 Commonwealth Games, Jason finished third in his semi-final with a time of 10.21s to book his spot in the 100m finals. He has represented SKN at the Bermuda Invitational Permit Meet, the Penn Relays, two Olympic Games (London and Rio de Janeiro), two Commonwealth Games (2010 and 2014), the NACAC Championships (2015 in Costa Rico), the Panam Games in (2015 in Toronto). Expect Jason RunLikeHell Rogers to continue to rumble and compete with the BIG countries.



11-1-1957

10-18-2017

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

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

In Loving Memory of



June 4th 1959

Violet Ethel Jones-Richardson

October 20th, 2014

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

Sleep in heavenly peace

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

In Loving Memory of Valdemma Warner



Profile of Valdemar L. Warner

Family Life

- December 16th, 1939: 3rd child of Robert and Olga Warner
- April 25th, 1967: married Mavis a union which bore 3 daughters, Wendy, Judy, and Asha. His daughters later married and he eventually boasted about his three sons and three grandchildren: Nathaniel and Zara Samuel (Wendy), Ernell and Rhian Babb (Judy), and Bertram and Bryce Ashford (Asha)
- He loved his family, immediate and extended, and was very supportive. He had a wicked sense of humor, but was a strict disciplinarian. As tough a disciplinarian as he was, he was also very encouraging and supportive of others' dreams and desires.
- An awesome storyteller who would often regale his audiences with stories of his youthful escapades.
- Fiercely protective of his entire family, but especially his girls.
- Had a passion for cooking.

Church Involvement

- Founding member of the St Anne's Anglican Young People's Association (AYPA) where he held every office at branch level. He was instrumental in the formation of the Junior AYPA. At the island level, he served as Council President and was later elected to Vice President at the Diocesan level. Through the AYPA he formed and maintained many friendships.
- Active member of the Boys' Scouts, rising to the position of leader and attending camps locally, and regionally. Through this organization he again formed many lasting relationships, not just in St Kitts, but also regionally when he traveled to the camps.
- Longest serving role he held in the Church was as a Vestry member, which started in 1962 under Fr. Leslie Lett. Since then he served as People's Warden and Priest's Warden.
- Also a Lay Reader and Chalice Bearer. He was appointed as Church Commissioner, for St Kitts, by the Rt. Rev. Orland Lindsey, a position he held until his death.
- Honored in November 2016 by St. Anne's Anglican Church for his many years of dedicated service.

Education and Employment

- Received his primary and secondary education at the Sandy Point Boys and the Sandy Point Senior Schools. During his early teaching career, he attended the Leeward Islands Teachers Training College in Antigua.
- Graduated in 1975 with a Bachelor's Degree in Economics from the College (now University) of the Virgin Islands, St. Thomas Campus.
- Taught at the Sandy Point High and Basseterre Junior High schools and was also the Principal at the then St. Theresa's Convent School.
- Following his years in education he moved on to public administration where he served as Permanent Secretary in three ministries – Education; Agriculture, and Trade. Retired from public service in 1995, and opened two small businesses – The School Bag, a school supplies store, and Top Banana – which supplied ripened bananas to local retailers. The name of the latter business is significant in how he continually aspired to rise.

Civic Involvement

- His passion for helping others, led him to join the St Kitts (Basseterre) Lions Club in 1981. Lion Val served as Secretary, President, Lioness Liaison, Leo Advisor, Zone Chairman, Region Chairman, Vice District Governor, and he was the first member of his club to have the distinct honor of achieving the position of District Governor and Council Chairman. In 2010, he was recommended by his local club, and awarded by Lions International, as a Lifetime Member.

Favorites

- Song: "Lean on Me", the soundtrack for a movie of the same name which starred Morgan Freeman as the indomitable principal, Joe Clark. Both the movie and the song speak of making oneself available to others, and supporting them when they are most in need.
- Quote: the words of Ralph Waldo Emerson: "Do not follow where the path may lead, go instead where there is no path and BLAZE a trail".

His Legacy

- Died Monday, May 1st, 2017 leaving us a legacy of love and generosity.

CONGRATULATIONS TO SPBS



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

- Mahatma Ghandi



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