



## ST. JOSEPH'S ALUMNI ASSOCIATION (GUYANA)

TORONTO CHAPTER

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ST. JOSEPH'S ASSOCIATION (GUYANA) TORONTO CHAPTER VOL. 2

ISSUE 1

December 2005

### ***Seasons Greetings from Janice Harrison, your Association President***



Another year has come and gone! 2005 has been a challenging year for mankind in the news. We have seen the war in Iraq escalate with no end in sight, the bombings in the UK, increased crime in Toronto, the Tsunami and the hurricanes in the Caribbean and America that have affected so many lives. After speaking with various folks, they cannot wait for 2005 to be over because of the tragedies that have been occurring. Wow! I ponder, where is our safe haven? As children, we roamed the streets of Guyana without a care in the world. We heard the fowl cock crowing, the neighbours calling out to each other, and overheard sweet sounds of the latest gossip in the neighbourhood!

That was our safe haven, Guyana! As we grew older, and moved to a new land, we expected change! But is change to be as fierce as it is? We all hope for peace, tranquility for everyone and to walk without fear but, this is becoming more of an exception than the norm!

So, how does one move on in what seems to be a troubling time? How do we focus on the positives in life, our family, friends, co-workers and associates? These people are the cornerstone, the fuel of who we are and to become in this life, however, we are the bearers of our own legacy in life. We need to ask ourselves daily, how can I make a difference, a small contribution to society and the environment in which I live and surround myself? You will be amazed of what will sparkle -ideas out of this world! The key then is to run with the idea, holding on tight, and never letting go! Go, with your gut feeling even though you may have some reservations. You will be surprised at what's in store for you and the difference you can make to someone, somewhere. Having Faith is the key to the success in Life! So, pull up your socks and slip on your shoes and walk into the future for it is what you make it. With the belief of God, all things are possible!

Looking forward to 2006, what's in store for St. Joseph's Alumni you may ask? We've got exciting news.....it's our 2006 INTERNATIONAL REUNION to be held in Toronto from August 6 -12...it's an event you do not want to miss! What a great opportunity for you to be able to meet your long lost friends and participate in activities geared towards camaraderie. We will still have some of our other annual activities, but our primary focus will be ensuring that the reunion is a success. Friends from near and far are already planning to attend, so don't miss this great event! *For more info, read page 3.*

Please spread the word and keep an eye out on our web site for more information and details also contact any of our committee members.

***On behalf of the committee, I would like to wish you and your family a happy and safe holiday season and a prosperous and healthy 2006! God Bless!***

## ***Alma Mater Update***

Now for an update on our Alma Mater: 2005 for St. Joseph's school in Guyana was bright...the Computer Lab was built with the support of Demerara Distilleries Limited (DDL). Between the US Chapter and ourselves, we contributed 8 new computers along with other peripherals to the school. Curtis Bernard sent an email stating "The lab is setup and functioning with all the computers working well. There are still a few small improvements to be made but the students have commenced using the facility. We have started looking at acquiring an AC unit for the room. The students have contributed again to the project. They have donated the funds to purchase the chairs for the room as well as for the installation of the electronic alarm system. The alarm has already been installed and the chairs are to be delivered by early next week."

It is obvious that the students are very pleased and excited so your contributions are making a difference, so thank you for continuing to support our activities to make the educational environment a rewarding one for the students.



## ***Annual Fall Brunch***



October 2nd we had our annual Brunch and if you missed it, shame on you! We were blessed with a beautiful Fall day, not a cloud in the sky which I believed enabled us to have a well attended event. This year we collaborated with Tutorial High School, and what an event it was! We had 321 in attendance, the largest ever! Our theme focused on the various areas around Georgetown and it invoked great conversation. We asked our guests to tell us their fondest memories of the place and it was a delight to hear what really happened, especially at the Sea Wall!

Our entertainment was fantastic as usual! We engaged younger entertainers this year, and what a delight to see their interest in making the world a more positive place by exhibiting their talent! The sons of Orissa Washington, one of our original founders of the Alumni not only entertained us, but played the Canadian and Guyanese national anthems on steel pan. As per the previous year we had several talented folks from Jazz, Indian and of course, Barney Singh! His storytelling of life in Guyana is always a welcoming delight! A welcoming addition was the beautiful display of Art by a couple of our talented alumni sisters, Joan Perreira-Amo and Anne Perreira-Glasford. Their art will be available at the Reunion for sale. The Oldies King, none other than Conrad Griffith, who not only was our DJ, but sang some oldies that had the audience singing to the melody and from the looks on the ladies faces, they were ready to get up there and do their thing. So make sure you do not miss our Fall Brunch in 2006, it is the place to be for meeting great friends and having entertainment that is without a doubt, the BEST BRUNCH EVER!



## ***Focus 2006 – INTERNATIONAL Reunion FEVER!!!***

August 2006 is the year when the Canadian Chapter will be hosting the next International Reunion which will be in alignment with the Last Lap Lime Festivities. Our counterparts in the US and Guyana are as excited as we are and plan on coming here for a great time! And what a great time we will be showing them! Check out the next page for a schedule of what's on the agenda, so book the days off and get ready for a memorable event! We promise! You will be receiving a Reunion special newsletter in June outlining more details/costs for the event and activities. For the web masters, keep an eye out on our new web site for more details.

If you would like to participate in the coordination of this event...please contact any of our committee members...all assistance is appreciated.

# TRI-ANNUAL INTERNATIONAL RE-UNION

in

TORONTO, ONTARIO, CANADA

*Sunday August 6<sup>th</sup> to Saturday August 12, 2006*

*A week filled with Nostalgia, Joy and Entertainment*

Here is the calendar of events in the planning stage.

- Sunday August 6<sup>th</sup>      Mass at St Barnabas Catholic Church  
followed by Brunch and Registration  
at Neilson House*
- Monday August 7<sup>th</sup>      Day at the Last Lap Lime*
- Tuesday August 8      Free Day*
- Wednesday August 9<sup>th</sup>      After lunch meeting followed by an evening  
at the Races at (Woodbine Race Track)*
- Thursday August 10<sup>th</sup>      Picnic and tour of the Niagara Wine Region*
- Friday August 11<sup>th</sup>      Elegant Ball @the Grand Baccus Banquet  
Hall  
2155 McNicoll Ave., Scarborough  
5.30 p.m. to 1 a.m. Open Bar/ DJ Jones*
- Saturday August 12<sup>th</sup>      Back Yard Bar-B-Que*

FOR MORE  
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*For more information, contact a committee member or visit our  
website at [www.sjhstoronto.com](http://www.sjhstoronto.com)*

*I wonder what ever happened to...*

## **Nutritional Tips for Walkers**

*excerpt from Julie Ross-O'Toole, Dr. Naturopathic Medicine*



Adding exercise to your life means an increased activity level, increased sweating and increased wear and tear on joints and muscles. To avoid injury and reap the benefits of exercise, it's important to incorporate proper stretching, warm ups and cool downs, proper nutrition and adequate hydration to your daily routine.

The importance of proper nutrition and hydration with exercise is important, below are some tips:

**Food** - a healthy, well balanced, high nutrient diet is necessary to prevent injury and degeneration, and also to achieve weight loss

**Vitamins and Minerals** – good quality multi vitamin is beneficial. B vitamins and minerals are lost in sweat and need to be replaced. B-complex 50 mg/d in morning, with food, to enhance absorption and is best taken with breakfast or lunch to help fight fatigue, hyperactivity & prevent insomnia. Minerals need to be replaced to prevent muscle cramping and support physiological functions.

Water which makes up 60% of our body composition is necessary for proper blood circulation, digestion, absorption of nutrients, and elimination of wastes, so ensure you have an adequate amount to meet your individual requirements.

Walking is possibly the best exercise you can do for your health and for losing weight. For weight loss, work up to 1 hour, non-stop walking everyday (ideal); walking is cumulative so walking for 20 minutes 3 times/day will have similar results. If you experience sore joints, stiffness, pain or discomfort, seek proper treatment and assessment; however, chances are these are signs you need to walk more (with gradual build up) as your body is not effectively eliminating toxins from your body or oxygenating your muscles, tendons, joints, and ligaments properly.

In essence, proper exercise (walking, yoga, Pilates), adequate nutrition and water intake can prevent or improve these symptoms dramatically, as well as your overall health!

Remember, exercise is for Life! Regular exercise will improve your metabolism, give you more energy, help you sleep better, make you feel happier, and decrease your cardiovascular risk, osteoporosis and diabetes risks. Congratulations on committing to your health!




### **How much do you know Guyana?....Series 1**



1. *Where and what is Shell Beach in Guyana?*
2. *What is the Bartica Triangle?*
3. *What popular Guyanese folk song deals with being terrified about continuing a river journey?*
4. *How did beef from the Rupununi Savannahs first get to the coastland?*
5. *Name the surveyor who became Curator of the Guyana (British Guiana) Museum.*
6. *Who were the Winkel slaves of British Guiana and why were they significant?*
7. *Name the person who symbolized defiance in Martin Carter's "I Clench My Fist" and "I Am No Soldier."*
8. *Name the Amerindian tribes of Guyana.*
9. *What were the Royal Races in Guyana?*
10. *What was once called "Disseekeeb"?*
11. *What month Amerindian Heritage Month in Guyana?*
12. *The late President Forbes Burnham commissioned an artist to paint the portrait of him which now hangs in Guyana's Parliament Chamber. Who was that artist?*
13. *Did Marcus Garvey ever visit Guyana?*

*Check out answers on Page 6*

## The Benefits of Dancing and Dancing Guyanese Like!

- \* **Dancing keeps you Younger looking.** Dancing is tremendously beneficial in keeping us young. *It retards the aging* process immensely. It benefits the condition of our heart and cardiovascular system and increases our lung capacity.
  - \* **Stronger Bones and Lubricated Joints.** Dancing aids in the *prevention and treatment of osteoporosis*, which is a major concern for woman, especially during menopause, because of the significant drop in estrogen that occurs at this stage. A decrease in our estrogen levels is what stops calcium from being absorbed into our bones. Dancing also keeps joints lubricated, which helps to prevent arthritis.
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- \* **Calorie Burner.** Dance exercises our bodies to allow for increased circulation. It helps us burn those calories away, while improving our stamina. It is estimated that *dancing burns anywhere from 5 to 10 calories per minute* depending on speed and intensity. For example, swing and mambo burn more calories than a slow waltz.
  - \* **Effects on the Blood.** Dancing aids in lipid control, it raises our HDL (good cholesterol), and lowers our LDL (bad cholesterol). Dancing is also great for diabetics because it *aids in blood sugar control*.
- \* **Mental Mastery.** Dancing *improves our memory* by making us recall steps, routines and dance patterns making it a great mental exercise. The big benefit is that increasing mental exercise keeps your mind young, quick, alert and open.
  - \* **Dancing improves your Balance.** Balancing yourself in one position may be easy, but balancing in the numerous types of positions involved in dancing is much more difficult. Dancers have mastered the ability to balance themselves in a number of positions. This strengthens our stabilizer muscles, *while protecting our core and keeping us less prone to injury in our daily lives*. Dancing also aids in co-ordination and helps strengthen our reflexes. It is a great way to keep our Central Nervous System and Peripheral Nervous System in tip-top shape by improving the connection of our bodies to our mind.
  - \* **Socially Satisfying.** Dancing is recreational and entertaining. *It creates a social life for us*, while affording us the opportunity to make new friends. Friends helps us grow, make us laugh and support us as we learn.
  - \* **A Happy Self.** Dancing elevates our mood by raising our endorphin levels. This is what *allows us to heal stress and depression* - two of our immune system's biggest enemies! It helps us establish our self-confidence and self-discipline. It improves the harmony between our mind and body, giving us a sense of well-being.

## Recipe Corner - Mango Shrimp Salad and Corn Beef Balls – a bit of the Island for the holidays...Enjoy!

<p><b>Ingredients</b></p> <p>1 small cabbage (shredded)            1 pound cooked shrimp            1 sweet pepper, diced and cut            2 cups sour cream            3 green mangoes, cut in strips            1 teaspoon lemon or lime juice            salt, hot, or black pepper to taste</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Combine the cabbage, sweet peppers, mangoes, and shrimp in a large bowl.</li> <li>2. Add the sour cream, salt, pepper, and lime juice. Mix well.</li> </ol> <p><b>Preparation time: 10 minutes. Serves 8</b></p>	<p><b>Ingredients</b></p> <p>1 cup cooked corn beef            1 egg            1 small onion, diced and cut            1 tablespoon cut celery            1 tablespoon diced green pepper            1/2 cup boiled potato</p> <p><b>Method:</b></p> <ol style="list-style-type: none"> <li>1. Combine all the ingredients except the egg. Beat the egg in a bowl and set aside.</li> <li>2. Create small balls then dip in the beaten egg.</li> </ol> <p>Fry in a large pan and drain the excess oil on a paper towel.</p> <p><b>Serves 6</b></p>
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## **We Need Your Help!!!**

For 2006, we would like to send items for the Chemistry and Biology Laboratories and the Music Department, so please, if you know of anyone or any place that we could obtain these items at a reasonable rate, kindly contact Cecelia Rodrigues (416) 264-7684 if you have items to for donation or to be picked up. Thank you in Anticipation

### **Answers to "How much do you know Guyana?" Quiz**

1. Shell Beach is a stretch of beach occupying about 100 miles along Guyana's Atlantic coast between the mouths of the Pomeroon and Waini Rivers. It is a major nesting ground for four species of turtle: the leatherback, green, hawksbill and the endangered olive ridley.
2. The Bartica Triangle is the area of land at the confluence of the Mazaruni, Cuyuni and Essequibo rivers. This area includes the town of Bartica.
3. Itaname
4. On the hoof. Cattle were driven along the old cattle trail that wended its way from Annai in the Rupununi Savannahs (Savannas) to Tacama (Takama) on the Berbice River, covering a distance of 180 miles. At the end of the journey, the cattle were tired and wasted. The trail was successfully completed in 1919 and the first head of cattle was driven over it in 1920. Later beef was transported to the coastland by air. Before the opening of the trail, the only economic outlet for cattle raised in this area had been Brazil, where prices obtained for Rupununi beef were low.
5. Vincent Roth. He also founded the zoo in the Botanical Gardens. Roth, who was also a journalist and naturalist, authored books on Guyanese history and wildlife. He worked as surveyor and magistrate for 30 years. Roth arrived in British Guiana in 1907, when he was 18 years old, and departed for Barbados in 1964.
6. They were highly competent carpenters, bricklayers, brickmakers, coopers and artisans generally. They worked under an officer, equivalent to a Director of Public Works, and were hired out to private persons from time to time. They were the first slaves in British Guiana to be freed as a group and this is especially noteworthy because they were given their freedom before emancipation. To this day, one area in New Amsterdam is called Winkel, for it was there that these interesting people lived.
7. Accabre (Accabreh), the last of the the leaders of the Berbice Slave Rebellion to be captured. He gained admiration for his composure and fearlessness when taken. "I Clench My Fist" Martin Carter
8. There are nine: Arawaks, Caribs, Warraus, Macusis, Wapisianas, Akawaios, Patamonas, Arecunas and Wai Wais.
9. According to Lloyd Luckhoo, Guyana is the only country in the world in which the Prince of Wales (in 1920) and Her Majesty the Queen (in 1966) actually attended race meetings - the Prince at Bel Air Park and Queen Elizabeth at D'Urban Park.
10. The Essequibo River.
11. September. The first such month was observed in 1995 and is intended to showcase and promote Amerindian culture and contributions as Guyanese.
12. Emerson Samuels. His varied and valuable work earned him the award of the Golden Arrow of Achievement. Yet he had no formal schooling beyond a primary education. However, his gifts allowed him to grow as he worked with and learned from others - including Hubert Moshett, E.R. Burrowes, Marjorie Broodhagen, R.G. Sharples, Basil Hinds, and Denis Williams. Many of his works are in the National Collection. Born on August 22, 1928 at Nabaclis on the East Coast Demerara, he died on August 6, 2003 while on a visit to the United States.
13. Yes, he paid a visit to the British Guiana in October 1937. Then the President-General of the United Negro Improvement Association [UNIA], Garvey was visiting the British Guiana chapter of his organization. Large and enthusiastic crowds greeted him on his arrival at the Bookers wharf, after which he was taken by car to the home of his host, Dr. S.I.T Wills at Lot 190 Charlotte street. Later in the day, Garvey was given a reception at the Georgetown Town Hall where he was greeted with the Ethiopian National anthem. Garvey also paid a courtesy call on the Governor before proceeding to the Fraternity Hall on Robb Street to address his followers.

## ***Bursary Award 2005***

We did not receive any applications for 2005 Bursary Award and look forward to getting the children of our members at large to be engaged in this rewarding opportunity to assist them in their studies.

We encourage you to contact one of your committee members for an application for next year's bursary, which is presented at our Annual Fall Brunch in October.

The Bursary Award provides assistance to candidates toward their University tuition and books. Eligible students qualify if a parent, grandparent or an aunt/uncle is a paid-up member in good standing of the association.



## ***Last Lap Lime UPDATE***

Last Lap Lime was a great success in that the number of attendees increased enormously. The new site allowed us the flexibility to be more creative. We experienced new challenges this year and we are working to understand them. All areas of the Lime were conducted professionally under the leadership of Planning Committee and their subcommittees, not to mention the hard work of our Tent Captains and the volunteers. Our entertainment was great, it engaged the audience and our media exposure was so good, that we attracted more people than we could handle! We know that this event which brings family and friends together from the five schools together raises the funds to assist the schools...that's what we are about!

Our sponsorship levels increased astronomically, thanks to the great work of that Committee...without them, we could not have achieved our anticipated goals. We continue to look for volunteers each year, please reach out by going on line and letting us know where you can assist. All hands on deck, ensures a successful Lime for and the children back home.

For more information, visit [www.lastlaplime.com](http://www.lastlaplime.com) or contact any one of our committee members.



## ***Membership Corner***

We thank those alumni who have renewed their membership for 2005 for their on-going support; your names are listed below. If you have paid recently and your name is not on this list, we thank you as well. For those of you who have not yet renewed for 2005, you may use the Membership Form on the back page of this newsletter to do so. Please encourage anyone else you know who attended our school to join and support or Alma Mater. To date, the following 69 members have renewed their membership for 2005:

Carol Abdool; Patricia Abraham; Joan Amo; Desiree Amour-Longe; Isha, Indira & Nalini Beekie; Sheila Bender; Anne Bhagwan; Debra Brassington; Ann Brown; Jackie Bryce; Monica Carvalhal; Patsy Chan; Judy Chang-Sang; Jean Choy; Lauren Daley; Desiree Daller; Donna Danney; Delma DaSilva; Margy De Abreu; Terry De Freitas; Marjorie Fernandes; Camille Ferreira; Bernadine Gallimore; Ann Glasford; Judy Glyn-Williams; Ophelia;Gonsalves; Barbara Gouveia; Gemma;Gouveia; Joy Grant; Judy Haars; Janice Harrison; Stephanie Hazarie; Jeanne Hazelwood; Sally Hossain; Juliana Hugh (paid until 2007); Penny Jaundoo; Joy Khan; Cheryl Kwok; Denise Lee; Janis Longe-Alexander; Joan MacKinnon; May McPherson; Rita Mendes De Franca; Lorraine Menezes; Faye Menzies; Jennifer Moore; Nirmala Ng See Quan; Ann Orr; Allison Pereira; Yvonne Phillips; Sandra Pinto; Barbara Reid; Claire Richards; Nora Ries; Cecelia;Rodrigues! ; Yvonne Shearer; Iris Ruth Spence; Patricia Spencer; Regina Spencer; Marlin Taylor; Wendy Vieira; Pamela Wagner; Orissa Washington; Norma Whitting; Gloria Wilson; Ave Wong-You; Wendy Yhap.



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**MEMBERSHIP REGISTRATION FORM**

Enclosed is my cheque in the amount of \$15.00 for membership for the calendar year January to December \_\_\_\_\_

NAME: \_\_\_\_\_ MAIDEN NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

TEL. Number (Home): \_\_\_\_\_ eMail Address: \_\_\_\_\_

YEAR GRADUATED: \_\_\_\_\_

Please make cheque payable to St. Joseph's Alumni Association (Guyana) and return this form to our address stated above. Thank You!

**OUR NOTICE BOARD - 2006 Calendar of Events**

DATE	EVENT
January 21	Casino Rama
End of April	Tea Party
Aug 6-12	International Reunion
October 02	Brunch

**Committee Members**

Carol Abdool	416-297-7585	Jackie Bryce	416-467-5057
Donna Danney	905-454-5658	Janice Harrison	905-456-8453
Joy Khan	416-496-0251	Janis Longe-Alexander	416-286-0878
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