

President's Report – Regina Cheong



Once again the executive team of the St. Joseph High here in Toronto has worked diligently in increasing our funds through hard work at many fund raising events. We are pleased at this time to share with you that \$20,000CDN has been sent to Guyana for the upgrading and rebuilding of the school grounds and possibly the constructing of a hard court. I know many of you who have travelled to Guyana recently, have been very vocal about the condition of the school grounds. This is a collaborative effort with the US Chapter, the Guyana Chapter, the Government and some private Corporation but we have definitely taken the lead.

We have adjusted our mandate somewhat to accommodate this venture as we normally would support initiatives in order for students to reach a higher level of academic excellence. However, we feel that this project will provide a much needed opportunity for Physical Education to be re-introduced (healthy body/healthy mind) and the school will now be in a position to host activities and raise awareness for the school also plan fundraising events and become more self-sufficient.

In addition, there is a need for air conditioning in the library and equipping it with computers to be used for research also new gym equipment and repairing the gas system in the science lab using a 100lb cylinder is required, so we will be looking at these additional needs.

We are very pleased to inform you that our school in Guyana excelled this year in CXC and outperformed many of our associate alumni schools.

There is now a newly formed alumni executive who seems to be in a much better position to handle the funding from us and ensuring that the projects come to fruition. The parties who are involved in Guyana to oversee our funding of projects are Carolyn Rahaman (one of the original alumni members), Curtis Bernard (past President of many terms), and the newly appointed President, Keane Glasgow. The Guyana chapter although faced with many challenges, has made a commitment to pursue additional financial support through their own fundraising activities, the Government and Private Corporations.

Back home here in Toronto, we are fortunate in 2012 to increase the number of executive members (as we are trying to attract younger people) to help us build this team into one that has a very long life. If you would like to get involved, please contact us. You don't have to be an Executive, but you could attend our monthly meetings and present new ideas or volunteer for fundraising activities.

CALENDAR OF EVENTS:

AGM Meeting
APRIL 7TH 2013

Casino Niagara
SATURDAY APRIL 27th

Spring into Summer
25th ANNIVERSARY
Mardi Gras Dance
JUNE 8TH

25th Anniversary
Celebration - TBA

Las Lap Lime
MONDAY AUGUST 5th

Regina Cheong - President

Anne Bhagwan - Vice President

Penny Jaundoo- Treasurer

Gail Hugh Secretary

Carol Abdool Asst. Secretary

Directors

Claire Singh
Chandra Lake
Janis Longe
Joan Amo
Joy Khan

President's Report (Cont'd)

We hope you continue to support many of our annual events such as Casino trips, Spring Dance, Last Lap Lime. [2013 is a special year for our Alumni Association, as we will be celebrating our 25th Anniversary and we look forward to your support.](#)

April 7th, 2013 we will be hosting our AGM and we look forward to seeing you as there will be many open positions. We would like to refresh and attract some new people especially the younger generation to bring new ideas to the table.

We are pleased to inform you that our website www.sjhstoronto.com will be fully functional before year end, it promises to be easy to navigate, so we encourage you to check it out. We can also be contacted at Stjosephalumni2010@gmail.com.

Our database is currently being updated so we are able to keep in touch on a more regular basis. If you have not been contacted by one of our executive, please let us know.

Memberships will be renewed on the anniversary date and not January to December of each year. This means we will be sending out a renewal letter when the membership expires. We will also offer an annual renewal at a cost of \$25.00 or a 3 year renewal for a saving of 20% at a cost of \$60.00

The New York Chapter hosted our Tri-Annual re-union in August 2012 and a number of us attended, it was very nostalgic and enjoyable. Congratulations to Lorna and her hard working team on a job well done. Toronto will be hosting once again in 2015.

In closing, I would like to invite everyone to become more involved with our alumni association; the students need your support. This is our Alma Mater and we should be proud of St. Joseph High School; this has been and will continue to be a great learning institution producing academic excellence to the future generation so we can all be proud. A huge thank you to our hard working executive team, your loyalty and support is greatly appreciated. Keep up the great work.

RECIPE CORNER

COLESLAW FOREVER

1 large cabbage, shredded
2 med, carrots grated
1 medium onion grated
¾ cup vinegar
½ cup salad oil
1-1/2 cup granulated sugar
1 tbsp salt
1 tbsp celery seed (bulk or bottled.)



Combine cabbage, carrots and onion in large bowl. Place vinegar, oil, sugar, salt and celery seed in a large saucepan and bring to a boil, stirring frequently. Pour hot liquid brine over cabbage mixture. Stir to mix, pressing down until vegetables wilt, and are covered with brine. Let cool, store in refrigerator and let stand for 1 or 2 days before eating. Keeps for several weeks in the refrigerator.

Note: You can drain off excess liquid as needed.

ERGONOMICS

Ergonomics makes things comfortable and efficient for all of us, such as, sitting tall, keeping things within our reach, stretching our bodies and deep breathing. These all sound very easy. If you are already doing all these things at work, you are already showing how ergonomically healthy you are. Ergonomics is about creating a work environment that provides comfort while efficiently doing your daily task so that you are less likely to get injured, stressed or sick. Being aware of how you function in your work environment – like how you stand, sit and work at a computer – can make you stop slouching, leaning to one side, squinting, tensing your shoulders or neck, or worse – typing, sitting or standing too long without a break.

It is just not about work. Be mindful of your body positioning when you drive, ride on transit, exercise, carry heavy shopping bags or do work around the house or yard. Take mini-breaks and change up your routines.

Here are five stretching tips to stay healthy:- **Kick-Back Pose:** Interlace your fingers behind your head. Relax your elbows and shoulders. Breathe and stretch your elbows back.

Keyboard Calisthenics: Place hands in prayer position, then separate and stretch your fingers. Squeeze fists tight. Stretch your fingers wide. Interlace your fingers and rotate hands.

Lower Back Bend: Grab the edge of your desk or counter, and step back a couple of feet. Spread your feet shoulder-width apart. Let your upper body stretch down, relaxing with head and neck.

Chair Stretches: While sitting, interlace your fingers below your knee. Bend your leg up, and then stretch your forehead to your knee. Switch legs.

Neck Rolls: Drop your head to one side. Roll it around in a wide circle, and then switch directions.

Taking these five easy stretches into your workday can avoid bad habits and you will be good to your body.



**St. Joseph Students Enjoying Renovations and New Furniture
Toronto Chapter replaced all of
this furniture**

CARBON MONOXIDE(CO)



The Consumer Product Safety Commission (CPSC) estimates that over 200 people a year die, while thousands more are treated for CO poisoning by hospital emergency rooms and private physicians.

How can you prevent becoming an annual statistic from CO poisoning?

- Have all gas burning appliances inspected and serviced annually by a professional technician.
- Have all chimneys and flues checked annually for loose connections, blockage, corrosion, etc. Also make sure you properly open the flue on any wood burning appliance or fireplace when using them. (To avoid fire danger, have the chimney flue inspected and cleaned, each year.
- Ensure heating systems have an adequate intake of outside air.
- Never use a clothes dryer, range, or oven to heat your home.
- Don't leave cars running in garages, even with the door open.
- Never burn charcoal in a confined space.
- Finally, install CO detector/alarms in your home. These detector/alarms are similar in concept to the smoke alarms that are prevalent in today's homes.

The flu and carbon monoxide (CO) poisoning share many symptoms: headache, dizziness, nausea, weakness, confusion and fatigue. However, while CO poisoning does not come with a fever, the flu does. If you have flu symptoms, but no fever, remind your physician about the possibility of CO poisoning.

There are two types of CO detector/alarms: **hardwired**, and **battery powered**. **Hardwired** sensors usually purge themselves and resample for CO at a preset period of time. **Battery powered** sensors usually react to prolonged exposure to CO. It is recommended that ceiling mounted detector/alarms be installed on each floor of residence, vicinity of each major appliance and one in the garage.

Changes to Canada Pension Plan

The way you contribute to the Canada Pension Plan changed in January 2012 and will affect your **2012** tax filing. **If you are between 60 and 64 you must continue to contribute to CPP even if you are drawing benefits from the plan.** From age 65 to 70 you may elect to stop paying into the plan by filing a new form CPT30. This form is available on the Canada Revenue Agency website: www.cra.gc.ca. The self employed will do this on Schedule 8. In either case, additional contributions will be saved in a "Post Retirement Benefit" account to bump up your monthly pension benefits on withdrawal. Your CPP contributions qualify for a non-refundable tax credit on the return.

REUNION 2012 – BROOKLYN, N.Y.

Reunion 2012 took place in Brooklyn, New York from Aug 25- Sept 1, 2012. This event was well attended by the Canadian Chapter. Reunion kicked off with a Family Fun Day on Aug 25th at Brooklyn's Canarsie Recreational Park with friends and family members enjoying fun activities. On August 31st, the Rhythm and Blues Jazz Night at the Cotton Club in Harlem was an enjoyable evening of music and dance. On Sept 1st hundreds of alumni and friends danced the night away at the Rose Garden in Brooklyn. The food was delicious and the atmosphere was superb, it was a grand finale to the week-long celebration.



The Canadian Chapter members getting ready to attend the Nostalgia Night of cultural activities and indoor games in Brooklyn on Thursday, August 30, 2012



Lorna enjoying herself at the Rose Garden in Brooklyn



The Canada Chapter posing for a picture at the Nostalgia Night



Tribute to Desiree Amour Longe



On November 10th, 2011, our dear friend and sister Desiree passed on but she continues to be in our hearts and our minds.

Desiree was our immediate Past President of St. Joseph Alumni. When I took over the President's role from her 3.5 years ago, I was told I have some good shoes to fill. I wondered why, as I did not know very much about Des at that time, only that she was the sister-in-law of Janis Longe, one of our executive members.

I quickly figured out why these shoes were a bit big to fill, her soothing, calming and patient qualities were not necessarily the ones I possessed, and the executive would definitely be in for a different kind of ride. However, I quickly re-adjusted and adopted some of these similar qualities that Desiree possessed. Once I was in the role as President, Desiree continued to work on the executive in her Past President's capacity with the same diligence, and was very supportive even though our leadership styles were totally different.

I often watched her at our alumni meetings, we all had our particular spots at the table where we sat and Des would sit right opposite me next to Janis (they certainly shared a very special bond) and I would from time to time, watch her reaction to some of my suggestions or handling of a situation. She would not hesitate to show her approval or disapproval but in a very subtle and respectful manner as she never once displayed any form of aggression or total disapproval. Des only offered suggestions or alternatives, Automatically, I had developed a great deal of respect for someone I only just got to know, but found out very quickly operated with class and a style all of her own.

As time went on, we watches Des continue her struggles with her health, she never wavered in her support for us, whether it was meetings once a month or functions, she would always make the effort to be part of what we wee representing, this included a lovely trip back to Guyana in 2009 where our Alma mater hosted our tri-annual reunion, we all had a great time. Very happy that we had the opportunity to do this as it was a very special time.

One of the last events that Des participated in was the LLL. It was a very hot humid day and she was having a tough time breathing, everyone in our school tend was keeping an eye on her, ensuring she kept cool, hydrated etc.....She just wasn't sitting there doing nothing, she was folding teeshirts, chatting and trying to sell our products and membership. I said to her after a couple of hours "Des, why don't we get you a ride home", and guess what her reply was – No thank you, I will be OK, I will wait until we close our tent – that is the kind of person Desiree was.

So I say in closing, this is the kind of person that never leaves your thoughts or your heart as she certainly left an everlasting imprint on mine.

*Regina Cheong
President*

Membership Corner

We thank those alumni who renewed their membership and for your on-going support. Kindly be informed that the membership fee is \$25.00 per year or (for a 20% saving) \$60.00 for 3 years. If you have not yet submitted your membership fee please complete the form below and submit so that we can continue to be in touch about our events. Please encourage anyone else you know who attended our school to join and become an active member.

ST. JOSEPH'S ALUMNI ASSOCIATION (GUYANA)

TORONTO CHAPTER
19-2555 VICTORIA PARK AVENUE, SUITE 340,
SCARBOROUGH, ON M1T 1A3

Email: stjosephalumni2010@gmail.com

Website: www.sjhstoronto.com

Membership Registration Form

Enclosed is my cheque in the amount of \$ _____ for **annual / 3 year** membership

Name: _____ Maiden Name: _____

Address: _____

Tel. Number (Home): _____ Email: _____

Year Graduated: _____