



# ALUMNI VOICE

ST. CATHERINE HIGH SCHOOL ALUMNI NEWSLETTER

## Dates to Remember

- 5/15 - Annual Picnic
- 5/15 - Armed Forces Day
- 5/31 - Memorial Day
- 6/19- SE USA Chapter Meeting
- 7/1- SCHS Graduation Ceremony
- 7/29 Class of '81 Reunion
- 8/7 N.E. Chapter Annual Boat Ride
- Oct. Annual Gala (TBD)

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## Newsletter Committee

Tamika Thompson ('91)  
Karen Gayle- Harvey ('81)  
Jacinth Allen-Donaldson ('76)

## Contributors

Sherry McFarlane ('79)  
Paul Brown, Chairman,  
Jamaica Chapter

Welcome to our first alumni newsletter!

The S.E. USA Chapter was incorporated in 2009. The mission is to assist the School administration in achieving its ongoing educational objectives to enrich the lives of students and prepare them to succeed.

An important part of our success is keeping you engaged and informed. We intend to update you, on the many events which are taking place at our alma mater St Catherine High as well as what our sister groups in the diaspora are doing towards the betterment of our school.

I am sure that you would like me, on your behalf as well as the Board of the SE Chapter to thank all who worked towards making our *Alumni Voice* a reality and am looking forward to seeing many more publications. Who knows, if this really works as it is intended, in time, we really could speak with one voice from this mouthpiece!

Please join me in extending a big Catherine welcome to the new Principal of our venerable alma mater, Mr. Marlon Campbell, and his wife, Brenda who are our very special guests at today's event. We also would like to assure him of our love for our school, our unwavering commitment to excellence at all levels and our full cooperation with him as the Principal of our noble high school! We know that he is going to have such a wonderful time with us that he is not ever going to miss any event we plan here in South Florida!

We strongly encourage you to get involved and assist in one of the various committees in place. Most importantly, this act of giving back to the school will benefit our great alma mater, our foundation for higher learning that helped shape our lives.

My team and I are in discussion with many enthusiastic alumni who are eager to share with our students. And we welcome this! We are looking forward to continued energy and support and commitment to our school! Remember *Prayer and Work Conquer all!*

We look forward to seeing you at the monthly meetings.

Regards,

Jasmine Clarke-Barnes, President, S.E. USA Chapter.

Karen Gayle-Harvey, Secretary

Courtney Hay, Treasurer

Jacinth Allen-Donaldson, Director

Bridget Lew-Sang Desnoes, Director

Paul Robinson, Director

Anthony Thomas, Director

## Celebrate

**Memorial Day Monday May 31, 2010—** . **Memorial Day** is a federal holiday which commemorates the U.S. servicemen and women who gave their lives defending their country.

**National Armed Forces Day Saturday May 15, 2010—** .

In the United States, **Armed Forces Day** is celebrated on the third Saturday in May. It falls near the end of Armed Forces Week, which begins on the second Saturday of May and ends on the third Sunday of May.

The day was created in 1949 to honor Americans serving in the five U.S. military branches – the Army, Navy, Marines, Air Force, and Coast Guard – following the consolidation of the military services in the Department of Defense. It was intended to replace the separate Army, Navy, Air Force, Marine Corps, and Coast Guard Days, but observance of these days, especially within each particular service, continues to this day.<sup>1</sup>

The first Armed Forces Day was celebrated by parades, open houses, receptions and air shows. The United States' longest running city-sponsored Armed Forces Day Parade is held in Bremerton, WA. In 2009, Bremerton celebrated the 61st Armed Forces Day Parade.

*May is...*

- **National Cancer Research Month—** In recognition of the need for high-quality, innovative cancer research, the United States Congress has designated May as National Cancer Research Month. The initiative is intended to help renew the nation's focus on cancer research with the goal of increasing the spectrum of cancer research and care in the United States. As always, the success of our nation's medical researchers depend on having adequate funds to carry out the necessary research. The contributions and fundraising efforts of benefactors are vital to this cause.
- **National Arthritis Month—** Some 46 million Americans are living with arthritis, the nation's leading cause of disability. The Arthritis Foundation encourages people with arthritis to stay active and exercise 20–30 minutes a day, three times a week or more. Avoiding a sedentary lifestyle is important.
- **Better Sleep Month—** Sleep is essential to a healthy life, but 95 percent of Americans report difficulty sleeping at some time in their lives. Infants require 12–14 hours of sleep, whereas seniors may require



## *Message from Jamaica Chapter President*

Dear Fellow Alumni,

The recent Annual General Meeting marked an important day in the life of the St. Catherine High School Past Students' Association, and indeed in the life of the school. It signaled the rebirth of a tremendous resource in the school community; the awakening of what former principal Colleen Brown once described as "a sleeping giant." We are now presented with an opportunity to build on the work of past students before us, in particular the former steering committee led by most recent past President Mr. Paul Brown, who spearheaded efforts to keep the Association alive, and contributed to the school community in a variety of ways.

Through the recent ratification of our constitution and the holding of elections, we committed to being guided by specific rules, deepened our democracy by vesting power in our membership, and we demonstrated our confidence in the leadership capabilities of our peers- the team which you have selected. This new executive humbly accepts each assignment, and pledges to discharge its responsibilities with the greatest care and dedication.

Over the next year or so, we invite you to join us in focusing first on organizing the Association. It is necessary to invest in the internal structure of the organization; a structure which if firmly built, will rebound to the benefit of many past students to come. The second internal area of focus is a massive membership drive, as it is important that we tap into our greatest asset- our numbers. With regard to activities within the school, our efforts will fall under two main areas: the work of a sports council, and a mentorship program. The former will provide support to sports programs, with the latter mentoring students economically and through motivational efforts.

We eagerly invite all past students to join us in tackling the challenges ahead. If you have not already done so, please register as an official member of the Association by contacting us at (876) 984 2688; (876) 431 4276, or by email: [schalumni@gmail.com](mailto:schalumni@gmail.com). We look forward to an active term of office and remind you to take pride in your school, always remembering the conquering power of prayer and work.

Sincerely,

O'Neal Mundle, Ph.D.

President

The S.E. USA Board of Directors, would like to thank the following members and friends for their contributions to the association for the 2009-2010 year:

- Carol Singh-James (Class of '79)
- Monica Harvey -Palmer (class of '79)
- *Past President of S.E. USA chapter*
- Bridget Lew-Sang Desnoes (Class of '79)
- Paula Bridge-Williams (Class of '76)
- O'Neal Rochester, (Class of '79)
- Elsie Grant Gray (class of '79)
- Carl Hay (Class of '78)
- Lorna Aries (Class of '78)
- Jennifer Nelson (Class of '76)
- Donna Forrest-Hinds (Class of '79)
- Beres Robinson
- Donald Reid
- Wayne Coombs
- Dominic Norton

## BIRTHDAYS

		
	Garfield Forbes	<b>May 10</b>
	Millicent Chin	<b>May-22</b>
		
	Aquilla Campbell	<b>May-27</b>
	Tamika Thompson	<b>May 28</b>
	Jasmine Barnes	<b>May-30</b>
		
		
		
		

## S.E. USA CHAPTER MEETING

The S.E. USA Chapter's meetings are held on the third Saturday of each month. We are currently seeking a permanent meeting place.

The next meeting :

June 19th @ 6pm  
210 North University Drive  
Suite 100  
Coral Springs , FL 33071

## HEALTH WATCH

### How to recognize and treat burn injuries

Burns can be painful—and serious. It's all a matter of degree. To know how to treat a burn, and when to call a doctor, first learn to distinguish the different types of burns:

- **First degree.** Only the outer layer of skin is damaged. The skin is red, with some swelling and pain. This is the least serious type of burn and can be treated with first aid.
- **Second degree.** The first layer of skin has been burned through, and the layer underneath is red and splotchy. Blisters may develop, along with swelling.
- **Third degree.** The most serious type of burn, affecting all layers of skin and possibly causing permanent damage to tissues and even bones. Skin may appear either charred and black, or white and dry.

For third-degree burns, immediate medi-

cal attention is needed. Don't remove burned clothing or soak in water, but cover the area with a cool, wet sterile cloth or bandage. If possible, raise the burned area of the body above the level of the heart.

With first-degree burns, or second-degree burns that don't cover more than 3 inches of skin, hold the burned area under cool—but not cold—running water for about 15 minutes. Don't put ice on the burn. Wrap the wound in a loose dressing of sterile gauze, keeping air and pressure off the burn. Don't break any blisters that form. The patient can take over-the-counter medications such as aspirin, ibuprofen, or acetaminophen for pain.

Keep an eye out for increased redness, swelling, or oozing, and call a doctor if any of these signs of infection develop.

Phone: 786-252-6120

561-386-3207

Can't make it to the meeting? Join us by teleconference. Conference 1-800 # is posted days before the meeting.

## S.E. USA Chapter Visit to Jamaica and the School

The fateful day arrived. February 19, 2010. SE US Chapter is visiting CATHERINE but before we visit, we are going to stop at the Ministry of Education and meet with the Honorable Minister.....our fellow alumnus, the Hon Andrew Holness, MINISTER of EDUCATION. It has a very nice ring to it. He is one of us. The meeting went well and we met Merle Donaldson -Phillips, another alumna, Director of Programs at the Ministry! We gave him a present.....and he was grateful for the gesture. We had a positive meeting and we all were on the same page.....our renewed commitment to our school St CATHERINE HIGH!.....We felt proud of our colleague and also knew that he was making his mark on JAMAICA'S education system. Bravo Minister!

Next stop was our school.

We could all feel the energy and excitement. We had not seen the school in years. MANY.YEARS. And then, we are there! There it is! The same familiar colours and entry-ways.....but a little bit battered and bruised.....the school which loved us and nurtured us was badly in need of some tender, loving care.....she was showing her age and was looking less pristine than when we were there.....but her bones are still good.....and she can be restored!

We are thinking those thoughts as we meet the new Principal Marlon Campbell. We exchanged ideas with him. We realized that we had a good man running our school and we should give him all the support to make his task easier. We presented him with \$3000.00 which he says will go towards the rehabilitation of the boy's bathroom. We left more resolute in our conviction that we must help, we have to help, and we need to rally our forces for our school! We left knowing that we now have a cause and we are zealots working for the common good .....for everybody who walks through those hallways at our school. Our mission is to restore CATHERINE to her former physical beauty .....and to work with her Principal and Administration for the continued success and progress of our school.

*Dear St Catherine High we love you, with your colours white and blue!*

*We will ever hold your teachings; We will e'er be true to you*

*No matter where we wander, we will keep this ere in view*

*Prayer and work will ever conquer*

*While we wear your white and blue!*



More pictures on Page 6



## School visit continued.....



Jamaica past president Paul Brown, Craig Russell Chairman Lacelles Williams, Errol Malcolm, Lloyd Murphy, Courtney Hay, Jasmine Barnes, Paul Robinson, and Principal Marlon Campbell



Jasmine makes a presentation to Principal Marlon Campbell on behalf of the S.E.USA Chapter



Lloyd and Jasmine pose with the 6th Form girls



Chris and Jasmine pose with the 6th Form boys



Chairman Williams, Paul Brown and Courtney pretending to be listening to Principal of the Day, Jasmine Barnes



Principal Marlon Campbell, Paul Robinson and Craig Russell



# Chapter Visit to SCHS



The SCHS Champion Chess Team posing with Courtney Hay and Paul Robinson. Despite losing their strongest player when he migrated to the US just days before the championship, the team went on to win the match. The chapter donated \$100.00 U.S. to the players for their hard work.



Tiffany LaBeach and the Cadets. Tiffany is Sgt Major (W02) which is the highest rank that can be attained while in school. She is only the 2nd female in the island to have achieved that rank. The school finished 2nd in their battalion and 2 cadets Tiffany and Kamal Bennett were awarded the Commandants Medal for Outstanding Performance.

## Welcome From President N.E.USA Chapter

Greetings Fellow Alumni,

I am delighted to welcome you to the Alumni Voice. I hope you will find it interesting and informative as we work to keep you updated with our activities that involve the alumni association here in the North East, South East and the Jamaica Chapter.

Our goal is to work collaboratively with all chapters and school administration to help foster the growth and development of our beloved Alma Mater. This can be achieved by bringing together all past students where we can use our time, talents and resources to continue the team building and the further development of brilliant young Jamaicans. Let us remember this stanza from our school song and make it an anthem for life. **“No matter where we wander, we will keep this e’er in view; Prayer and work shall ever conquer...” (Paschal).** United we stand but divided we shall fall so let us stand together and help our school and its constituents reach their full potential.

You are encouraged to become a member of the alumni association so you can help carry on the work so our school can be raised to the highest level.

We are also looking forward to your support of the New York Chapter *Annual Boat Ride* on August 7<sup>th</sup> leaving from Sheepshead Bay, Brooklyn. For more details e-mail me at [kcyrus@gbfs.com](mailto:kcyrus@gbfs.com).

Sincerely,

Ken Cyrus

President

### ST. CATHERINE HIGH SCHOOL WEBSITE

We are pleased to announce the relaunching of the St. Catherine high School website. Please be sure to visit the site, register and get involved.

[www.stcatherinehigh.com](http://www.stcatherinehigh.com)



## News from the School



- The male bathroom for the junior school is complete and the Principal will "hand it over" it to the boys on Monday May 10.
- An inter-form quiz for Grades 8 and 9 will be launched on Wednesday May 12. This effort is being led by member of staff and past student Errol Martin. The effort will be supported by other Past students.
- Grade 7 Expo runs from May 31 -June 4. This is a week of competition among various disciplines for the grade 7, including Art/Craft and Cultural Items.
- SCHS defeated Calabar in the quarter finals of U-16 (Colts) Cricket. Scores SCHS 168. Rajae Wright 32, Clayton Dailey 31, Natasha Mclean 28. Calabar 44 Semi-finals scheduled for Wednesday May 12.
- Kudos to Ms. Wright-Cameron (a past student) who last year (2008-2009), had forty (40) students sitting the Cape Unit 1 examination in Accounts and achieved 100% pass. 11 students got Grade 1 and 16 Grade 2. CAPE is the equivalent of A' Levels and Grade 1 and is the equivalent of A and B.

Submitted by Paul "Iron Oxide" Brown

### Ways to get involved

We encourage you to stay involved with SCHS and become an active member of your local Alumni Association. The association is in need of volunteers to help with various committees. Please join and enjoy voting privilege, being involved with the decision making, and experience the joy of "giving back" to your alma mater.

"Prayer and Work conquer All"

## *Alumni Profile*

Monsignor Kenneth Richards is an alumnus of St Catherine High School. Below is an article which was printed in the Gleaner of SUNDAY NOVEMBER 1, 2009 and written by Athaliah Reynolds.

### I AM A HAPPY PRIEST



THE WEEKEND before he was scheduled to sit the entrance exam to join the Jamaica Constabulary Force (JCF), Monsignor Kenneth Richards changed his mind and took up the invitation to attend a preparatory seminary for priests - an unlikely choice for a young man from a large St Catherine family, who enjoyed the movies and parties and wanted to have a family of his own one day.

"The grace of God", or divine intervention is how Monsignor Richards describes his conversion to Catholicism and his eventual journey into the priesthood.

"It's not something that I conceived for myself, so it is definitely the grace of God that has brought me to where I am," he recently told **The Sunday Gleaner** during an interview at his offices at the Holy Trinity Cathedral on George Headley Drive in Kingston.

He admits that when he was first asked by one of his friends to attend an aspirancy meeting for the priesthood he jokingly told him, "I am not interested in this priest business because I want to get married and have 12 children."

Monsignor Richards, however, confessed that he later recognized that when God calls you and you understand what the call is about, you make the commitment.

With a sense of purpose and determination, he entered the seminary at the young age of 19, after spending two years in Montego Bay, St James, at a preparatory seminary.

He later went on to the St Michael's Seminary and the University of the West Indies where he completed his bachelor's degree in theology.

He was officially ordained at age 27 and after 24 years of service, he was recently conferred with the title monsignor.

Monsignor Richards admits that the journey has been long and sometimes challenging, but "I've not regretted it. I'm a happy priest", he told **The Sunday Gleaner**.

athaliah.reynolds@gleanerjm.com

### I'm proud to work with a company of quality and integrity

From the quality of the candles to the integrity of the company itself, PartyLite means excellence. I'm so proud to bring these beautiful candles into people's homes, and know that customers are going to be pleased with what they order.

It's also exciting to see my PartyLite business can change lives for the better. My Hostesses love the products they get free. And I'm thrilled to see how PartyLite helps other Consultants. Whether it is just that little extra income to make a car payment, or the first step in a new career, I love knowing I helped by introducing PartyLite to someone else.

Plus, it feels really good to know that PartyLite makes a difference with our charities of focus. We've given over a million dollars each year for the past three years to the **American Cancer Society** and every year, we make a contribution to the **Ronald McDonald House**. We're more than great candles - we're a company that cares!

Learn more about PartyLite visit my website:  
[www.partylite.biz/sogood4u](http://www.partylite.biz/sogood4u).



#### SCHS Polo Shirts and Caps on Sale

Polo Shirts \$25.00

Caps \$12.00

NOT YET A MEMBER?

Become a member today !

Visit [www.stcatherinehigh.com](http://www.stcatherinehigh.com) download and print the membership application and mail in along with \$25.00 for the yearly dues.

#### ALUMNI SUGGESTION BOX

Have an idea? Submit it via email to the webmaster @ [www.stcatherinehigh.com](http://www.stcatherinehigh.com). The suggestions will be forwarded to the Board for consideration. Alumni's with viable suggestions will be acknowledged.

#### NEWSLETTER SUBMISSIONS

If you have any items you would like to submit for the alumni newsletter, e-mail us at [www.stcatherinehigh.com](http://www.stcatherinehigh.com). We value your submissions.

*Thank You!*



## Mrs. Christabel Fuller Turns 80!

Recently, a group of past students got together to celebrate with our beloved Christabel Fuller. Her 80th birthday! happy birthday Mrs.. Fuller, many, many more!





Dear Alumni,

The St Catherine High Alumni Association Inc was recently incorporated and its mission is to assist the school's administration in achieving its on-going educational objectives. This will enrich the lives of the students and prepare them to succeed in the future. Through our fund-raising efforts, the Association's goal is to foster lasting relationships with students and alumni to be volunteers, advocates, leaders and donors, all working together for the overall success of our school.

This letter is therefore to solicit your financial support for the school which has given us so much and which has molded us to become who we are today. As you are aware, schools in Jamaica have always been under-funded by the Ministry of Education. However, despite the overall deterioration of the physical infrastructure, our school continues to maintain its fine tradition of excellence in academia and sports.

In addition to these needs, your support is needed to enhance the welfare or student-support program for the less fortunate St Catherine High Students. The estimated costs to address the immediate needs and maintain programs are approximately US\$2M or J\$180M. The projects to be undertaken are inclusive but not limited to:

- Bathroom repairs
- Refurbishment of Science Labs
- The Football Field
- General upkeep of the physical plant
- Construction of a new 6<sup>th</sup> Form Block
- The Expansion of the Food Program

Any and all contributions are greatly appreciated. We do encourage a minimum commitment of \$200.00 approximately (J\$18,000.00). Please note that any contributions made to the St. Catherine High School Alumni Association, Inc. this year may be tax deductible. Contributions can be made in monthly, quarterly or other convenient installments by mailing your checks payable to the St. Catherine High Association Inc. Please see our mailing address information below:

St. Catherine High School Alumni, Inc.  
P.O. Box 773002  
Coral Springs, FL 33071

As a condition for receiving your support, the Association will publish a progress report on the uses of funds collected on the alumni website. For more information, you may contact us by visiting [www.st.catherinehigh.com](http://www.st.catherinehigh.com) or by replying to the email. Contributions can be made through PayPal located on the website or:

Keeping alumni involved is a major goal and we invite your idea, involvement and assistance. Most importantly, this act of giving back to the school will benefit our great Alma mater. It is in giving that we receive. My prayer is that we may strive to abundantly give our time, talents and contributions back to the school we love so much.

Thanking you in advance for your support as we move forward to becoming even stronger in the future.

Sincerely yours,

St. Catherine High School Alumni Inc.



## Membership Application

Membership in the St. Catherine High School alumni Association S.E. US Chapter is open to all past students of St. Catherine High School and to all former teachers. Membership fee is currently \$25.00 annually. Meetings are held once a month at various locations.

If you wish to become a member, kindly fill out the application below and send it to the address indicated below. For more information please visit the website at: [www.stcatherinehigh.com](http://www.stcatherinehigh.com)

SCHS Alumni Assn. Inc., S.E. US Chapter  
P.O. Box 7703002  
Coral Springs, FL 33077-2883

### APPLICATION FOR MEMBERSHIP

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

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

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

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

OCCUPATION\*: \_\_\_\_\_

COMMITTEE INTEREST:

FUNDRAISING\_\_\_\_\_; MEMBERSHIP\_\_\_\_\_; EVENT PLANNING; \_\_\_\_\_; NEWSLETTER\_\_\_\_\_;

WEBSITE\_\_\_\_\_; PUBLIC RELATIONS\_\_\_\_\_ BUDGET & FINANCE\_\_\_\_\_;

ENCLOSED ARE ANNUAL MEMBERSHIP DUES OF \$ \_\_\_\_\_ DONATION: \$ \_\_\_\_\_

### MISSION STATEMENT

*The Mission of the St. Catherine High School Alumni Association is to assist the School administration in achieving its ongoing educational objectives to enrich the lives of students and prepare them to succeed. By fundraising methods, the Associations goal is to foster lasting relationship with students and alumni as volunteers, advocates, leaders and donors. (501(c) (3) status pending.*

\* Optional