



The Mighty **SPARTAN**

B. W. Harris Alumni Association-USA WWW.BWHarrisAlumniUSA.Org
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“Our Alma Mater; Our Purpose!”

Spring March 2016 BWHESAA-USA, INC. QUARTERLY NEWSLETTER VOL. 20 ISSUE 20

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Staff

Joanna Freeman Richards, Staff Writers

Contributors:

Joe Frank Yuku Stewart, Nadine Wilson, Mona Diggs, Joe Freeman, Daniel Nelson, Richard Wright,

FEATURED SPARTAN: J. Abdul Sherif, Jr.

*By Joanna H. Freeman Richards
National Chair for the
Mighty Spartan*



J. Abdul Sherif, Jr.

B.W.Harris Alumni Association-USA
Perseverance, Achievement & Quality

MS: *Abdul Welcome. Tell us about you.*

AS: My name is J. Abdul Sherif, Jr., and I was a student at B. W. Harris Episcopal High School from 1979 to 1981. My enrollment there catapulted me to aspire to achieve the goals I had set for my future. I was influence tremendously by several teachers and staff members. Both principal Father Edward King (deceased) and Mr. J. Wah Doe Bedell Sr. stand out the most in my memory as motivators to strive for more.

What's Happened Since Convention 2015

*By Joanna H. Freeman Richards
National Chair*



Since we left Convention in July 2015, our first well attended and successful Executive Board meeting was held October 24, 2015 in Jersey City, New Jersey. The evening was climaxed by the installation of Tri-State chapter officers and a fundraiser and soiree hosted by Tri-State Chapter.

The Association has completed processing and paying for the tuition of 39 students, the highest number in our history. These scholarships which were funded by the generosity of

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FEATURED SPARTAN

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Page 7



Abdul Sherif



AS: They reinforced my belief to always put God first and never fail to acknowledge Him at all times. They encouraged me to hold fast to my goals and be committed to working diligently in accomplishing them.

MS: *What are some of your outstanding B. W. Harris memories?*

AS: I have two most memorable moments at B. W. Harris Episcopal High School that I distinctly remembered. The first being the time I was on crutches after a near fatal accident that I

was blessed to survive.

My mom would drop me off and pick up from school. One day some ladies hid my crutches so that I would not leave and made fun of the situation. For the longest time I thought that it was because they did not like me, but I was so wrong, and later learned they all had crush on me. My fondest memory of all was graduation day. I was so proud to receive my diploma in my custom made double breasted pinstripe suit which set the tone for my affinity for fashion that I have today.

MS: *How would you characterize your life?*

AS: God has truly blessed me to have a balanced life. I have an advanced degree and 25 years and counting lucrative career with the State of Ohio as a Sr. Financial Analyst.

I'm happily married to my beautiful wife and mine best friend Marie Sherif for 28 years.

MS: *What do you do in your non-professional life?*

AS: During my spare time I enjoy mentoring young men about grooming and the importance of being the best you can possibly be. I have been an involved member at St. Philip Episcopal Church in Columbus, Ohio for over 26 years, where I serve as one of the lead singers in the male chorus, and also fashion model for various church events.

MS: *Please share with us your view of our Alumni Association.*

AS: I'm a Lifetime member with the B. W. Harris Episcopal High School Alumni Association USA, Inc.

What's Happened Since Convention 2015 by Joanna H. Freeman Richards

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of members and non-members represent one of the core objectives of our Association, to provide scholarships to deserving students attending B. W. Harris Episcopal School.

Alumnus Eugene Bedell connected the Association to Touching Heart, a not-for-profit dedicated to inspiring kids to experience the joy of giving. The organization held its 3rd Annual Kids on a Mission Fun Run on October 10, 2015 at Chantilly High School in Chantilly, Virginia, and raised over \$2,000.00 for school supplies for the children at B. W. Harris Episcopal School in Monrovia, Liberia. The Association has shipped the

materials and supplies for the Kindergarten, Elementary Division and the clinic purchased by Touching Heart's funds.

In October 2015, as National Chair, I along with other National Officers attended Metro Chapter's Rev. Fr. Emmanuel W. Johnson Program. In November 2015, the National Financial Secretary and I attended Texas Chapter's Ambassador Henry D. Wilson Honoring Program, and in March 2016, I and other National Officers attended PennDel Chapter's Cllr. Cyril Jones Honoring Program. In each instance, it was uplifting to experience the strong community support that our Association enjoys. It is a valuable resource for us.

is to "fund scholarships for deserving and suitably qualified students registered at B. W. Harris Episcopal School. During the months of August 2015 and February 2016, many alumnus and alumna of our school attended and fully participated in "the Spartan way" in the home going services of Pierre Sebastian King, former National Auditor and former President of Tri-State Chapter, and that of former National Chair, the Rev. Fr. Himie-Budu Yakadie Shannon, a founding member of our Association. One of Budu's lasting achievements for the Association was working assiduously for us to obtain

501(3)(c) status, one of the cherished assets of the Association for which we will always be grateful to Budu. May they rest in peace.

As we are finalizing plans for the 2016 Convention, please remember to pre-register and thank you for your support.



National Convention Committee News by Angeline Bishop-Oshoko

The National Convention Chair and committee members are working along with the TriState Chapter to host the 2016 convention. President Joe Freeman of the TriState Chapter has vowed that this year's convention will be the best yet.

According to the National Convention Chair, Ms. Angeline Bishop-Oshoko, the committee is working on how to improve the elegance, quality, content and entertainment of the Renaissance Ball. In response to the convention survey, the National Chair and Board Members have decided that the Renaissance ball program will last no more than an hour

and a half.

Here are Some changes to this year's convention:

The Renaissance ball will start at 6pm (Red carpet and hors d' oeuvres)

Hors d'oeuvres will be served during the Red Carpet photo shoot. Stations will be set up or waiters will serve hors d' oeuvres to speed up the process.

The Welcome and Introduction remarks will be combined.

A Press Release will be sent out to invite Special Presentations. The potential presenters must contact the Convention Committee at least 2 weeks before convention.

This will give the Convention Committee ample time to vet the presenters/presentations and slot presentations for either Friday or Saturday night.

Convention Committee will decide what presentations will occur on Friday or Saturday.

Presenters will have no more than two (2) minutes for presentation.

MC will coordinate with DJ to start playing music as a warning for speaker to conclude remarks.

Other than the Chairman's Medal of Honor recipients, all other recipients of multiple performance/merit awards will be presently simultaneously.

To structure how classes and chapters photo shoot will take

place, time slots will be allotted and assigned in the souvenir booklet. A facilitator will be assigned to work with class Presidents and chapters.

Thirty minutes will be allotted for capital campaign honorees.

Other Changes:

Future National Elected Officers will be sworn into office without an installation address. The Swearing Officer will also present the ribbons to the officers.

Heads up!

- Pre-registration ends June 1, 2016.

- Register by June 1, 2016 to receive a convention souvenir bag and t-shirt.

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Academic and Scholarship Activities by Gudrun Harris

The Academic and scholarship committee has awarded 39 scholarships to students of the B. W. Harris Episcopal School under its Rev. Dr. Edward G. W. King Sr. Scholarship Program.

The funding for the 39 students, is the largest number in the history of the Association, was underwritten through the Quillens E. J. Stevens, Sr. Scholarship, Tri-State Chapter's Handel K. C. Diggs Scholarship, Gudrun Harris Scholarship, the Charles Lahai Hoffman Scholarship and the scholarships of the Classes of '75, '80 and '81.

The official Scholarship

Award Program was held on Tuesday, February 16, 2016 at the B. W. Harris Episcopal School, Monrovia, Liberia. Parents of scholarship students, Acting Principal Tony Deline, Chair of the Scholarship Committee of the B. W. Harris Episcopal School Alumni Association of Liberia Adolf Sackey, along with other interested stakeholders attended the program. The guest speaker of the occasion was Mahmud Johnson, a graduate of B. W. Harris School. This announcement was also placed in Heritage Liberia newspaper.

The Alumni Association has also shipped academic material and supplies for K-6th Grades

and clinic materials and the supplies to the school that was funded by its partner, Touching Heart, a not-for-profit dedicated to inspiring kids to experience the joy of giving. Touching Heart held its 3rd "Annual Kids on a Mission Fun Run" on October 10, 2015 at Chantilly High School in Chantilly, Virginia, and raised over \$2,000.00 for the children of B. W. Harris Episcopal School. The partnership with Touching Heart was established through Alumnus Eugene Bedell, Class of 1975. The education and clinic materials will be presented to the school later in a ceremony when the shipment arrives in Monrovia in March 2016.

We are also pleased that through the connection of our Project chair Dr. Eugenia Burphy-Andrews, we will be partnering with "Sister of Sister International" who is currently partnered with the UN.

Members of the Academic and Scholarship Committee

Gudrun Harris – Chair

Owen Neal – Co chair Scholarship and Academic

Dr. Qualls Stevens Co-chair Scholarship

Euphemia Jones – Co-chair – Academic

Leah Findley- Porter – Donor's reach out team

Charles L. Hoffman – Donor's reach out team

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National Convention Committee

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- It will cost you more to pay at the door and does not guarantee entrance to the Renaissance ball.
- Reserve your hotel room to secure the block rate.
- Get involved, attend the general meeting and participate.
- Watch out for a video on YouTube with vignettes from past conventions, A Press Release will be sent out.
- Share the convention flyer with your family and friends on social media
- Invite family and friends to attend the convention. We are encouraging chapters, classes, and individuals to advertise in the souvenir program booklet, please contact

Dorothy Richards at 240-423-4402 if you are interested in buying either a half a page or full page Ad. So stay tuned for more information on the 2016 convention and make sure you register and register early—you're not going to want to miss this convention either!

Angeline Bishop-Oshoko
1st National Vice Chair
National Convention Chair
Class of 80'



Academic and Scholarship Contd. from Page 6

Members of the Academic and Scholarship Committee Contd.

Leuvet Stevens – Donor's reach out team
Dr. Eugenia Burphy-Andrews – Project Chair

Rosalyn Kai Lewis - Coleman – Project co-chair
Maria George – Project member
Louisa Merchant - Project member
Adolf Sackey – Chair Scholarship and Academic – LIB
Tony Deline – Principal B. W. Harris School

Coconut Cream Pie



- 2¼ cups sweet milk
- 1 cup sugar
- ½ cup flour or ¼ cup cornstarch
- 3 egg yolks, well beaten
- Pinch of salt

be careful not to let it burn. When thickened, add 1 tbsp. butter, 1 tsp. vanilla and 1 cup coconut. Pour into a baked pie crust; top with meringue and brown in a 350-degree oven. NOTE: Add 3 tbsp. cocoa to the above five ingredients for chocolate pie. Also, use this as the pudding mixture for banana pudding except, do not cook as thick; then pour this over layered vanilla wafers and bananas.

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SPARTAN**

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AS: I reverently support our organization by assisting our former National Chair Madam Gudrun Harris, and our current National Chair Madam Joanna H. Freeman-Richards in whatever capacities needed to enhance the organization. My goal is to assist B. W. Harris by assuring that we have quality teachers and facilities so that current and future students will not have impediments to their academic success. Education is the key to open doors that seem impossible to enter.

Health Corner: 8 Things to Know About Your Metabolism

By Sarah Lewis, PharmaD

1: Your metabolism converts food into energy.

Your metabolism is your body's power plant. It converts the fuel in food into energy your body can use.

2: Your metabolism converts food into energy.

There are two main activities going on during metabolism—*anabolism* and *catabolism*. *Anabolism* is the process of constructing, building or storing. *Catabolism* is the process of breaking down.

3. Your thyroid gland regulates metabolism.

Your thyroid gland straddles the front of your neck. It makes thyroid hormone, which travels to every cell and tissue in your body.

4. Your metabolism determines how many calories you burn.

A calorie measures how much energy a food or drink provides to your body. When you take in calories, your body either uses the energy right away or stores it for later.

5. There are three ways your metabolism burns calories.

Your total metabolic rate consists of three ways to burn calories. The first is your basal, or resting metabolic rate. The second component is your physical activity. The final component is the amount of calories it takes to process the food you eat.

6. Several factors determine your basal metabolic rate (BMR).

Your basal metabolic rate (BMR) has a lot to do with your genes. People whose body composition has more muscle mass generally have a higher BMR.

7. Several factors determine your basal metabolic rate (BMR).

The most variable component of your metabolic rate is your activity level.

8. The way you eat can influence your metabolism.

The thermic effect of food (TEF) is the energy you use to process food. It accounts for about 10% of your daily energy use. And it doesn't vary much from person to person.

WHAT'S TRENDING IN TRI-STATE CHAPTER! The Wall Street Chapter

By
Joseph Freeman, President

The prelude of convention is our upcoming event, The Bishop George D. Browne Honoring event scheduled for April, 30th 2016, in Irvington NJ. We are thrilled and looking forward to an evening of awarding professional men and women in our community.

We are the WALL STREET CHAPTER of the B. W. HARRIS ALUMNI ASSOCIATION, USA, Inc.!

Tri-State, a TRENDSETTER chapter has a long history of attracting the community, family and friends to this event. As the first chapter to host an award program, we say with pride that award programs in our association have become the TREND for raising substantial amount of funds for our organization.

We look forward to members, family and friends for their support. Tickets are on sale: \$35.00 regular and \$50.00 Patrons. All of our guest will be treated in a special way; however, Patrons seats are reserved. Come and enjoy a spectacular program, with professionals, friends, family, good food and music.

WE LOOK FORWARD TO A SUCCESSFUL 2016 CONVENTION HOST CHAPTER

The Tri-State Chapter (Wall Street Chapter) is excited to host 2016 convention. We are preparing a warm environment for members, family and friends in July. The Trenton area is known to be a historic part of NJ and our goal is to make this convention a historic one.

We expect to start it off on Friday with our masquerade welcome party, bringing in the Louisiana styles and colors, but not limited to that; opening our arms, giving smiles to our members and guests and

providing them with all that they are expecting. Some surprises will be left on Wall Street for later! On Saturday evening, we hope to refine the chairman's ball with an elegant evening of great ambience, very tasty dinner, and good music for our dignitaries, the community, members, family and friends.

On Sunday morning, we look forward to a bless worship service to be followed by an afternoon of festivities with family and friends. We will be concluding at night with a relaxing "Apple Green" farewell party, music and other thrilling festivities.



From Texas Chapter

By Joe Frank Yuku Stewart, President

The officers and members of the Texas chapter are pleased to announce that we have paid our Assessment fee of \$1,500 for Convention 2016 of which we encourage all Chapters to follow the good example.

We want to extend our gratitude to the Tri-State Chapter for hosting the Convention/Reunion in Ewing, New Jersey this 2016 July. In preparation for us the Texas Chapter hosting in 2017 July, we have various fundraiser plans.

First, we will be having our annual cookout at our July 26, 2016 program held annually by The Houston Community, second, we have our Ambassador Henry D. Williamson Award/dinner

planned for the first weekend in November which have been approved by our National Chairman Joanna Freeman Richards and members of the National team. We also will be hosting the board meeting that weekend and we are looking forward to having a successful meeting and program.

The chapter also has other ways of raising funds through house parties with contributions from attendees and AD's for our program. The Texas Chapter along with all the Chapters work very hard to make our Association a success and continue to hope that National will continue to work with all of us in making the best of our opportunity in helping our Alma mater B. W. Harris Episcopal School and our our B. W. Harris

National Association U.S.A. Inc. continues to be a success.

Benevolence Committee

By Wanda Bropleh

The Benevolence Committee's purpose is to share our love through action locally and globally by acknowledging loss and offering condolences to any member of the Spartan family in forms of kind words, cards, or flowers. We also try to reach out to our sick and shut-in members showing compassion and support, while celebrating with members during joyous events.

As an effort to continuously pray for the B. W. Harris

community here in the States and back home, the committee started a prayer conference online which is held twice a month. During this time we pray, sing, and meditate for an hour. We cannot put a limit on the work of the spirit, therefore if the spirit leads us to go longer we will adhere. It has been a wonderful experience and over time we have had several members from different chapters joined us including the National Chair.

We are looking forward to more people joining us as the word gets out. The conference call # (712)770-4010 Code 105258#. Local chaplains will inform members about days and time.

Education and the Act of Giving by Maesah Daniel Nelson, President, PennDel Chapter

“Give what you have. To someone, it may be better than you dare to think”

-Henry Wadsworth
Longfellow

Education, what is it? Why do we pursue it and why we admire those who do and encourage them, and sometimes even support them? Is it because we understand its connection between us all? Or is it, as Chesterton said: ...”simply the soul of a society as it passes from one generation to another?”

Why does one give to another to help with her or his educational goals? Is it to facilitate a smooth passage for the soul of a

particular society on its generational journey?

In our case, we have not just a cultural connection to our object of giving, but a patriotic one as well. We know that by helping the students of B. W. Harris School, our alma mater, we are reaching out to strengthen the connection that bond the previous generations to the next and to us and we which to ensure that the spiritual corridor that leads from them to us remains open and vibrant, with all the opportunities and prospects possible.

Education can be use as a weapon, a weapon for good and the betterment of all in a given society.

We hope to use our gifts to the school to help create the weapon that will be a tool to open doors and pave the paths to better lives. Indeed, it was the great Leader of South Africa, Nelson Mandela, who said “education is the most powerful weapon which you can use to change the world”. To change the world then, we would like to start with a school, then a country, next a continent, and finally, the world.

The more we give, the more children are educated, the more that are educated, the more powerful the weapon of change becomes. Let’s keep giving to “unlock the golden door of freedom”, paraphrasing G. W. Carver.

This brings us to our organization, the PennDel Chapter of the B. W. Harris Alumni Association, USA. On March 19th, PennDel is hosting its annual Cyril Jones Awards and Recognition Ceremony, a black tie event geared towards raising money for the scholarship fund for the student at B. W. Harris School. The money raised will be given to the National Chapter, which in turn will appropriate it towards the needs of the kids at the school.

The key word here is “giving”. Why are we so passionate about giving? One reason is because giving is a blessing that bestows on others directly and on us indirectly.

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Did not the master himself We salute the students for B. W say “it is more blessing to .Harris School, and students give than to receive”? everywhere, because they are We are working to make the future and we are just others dreams come through. instruments in the service of And it requires work, work this great future cause. Where it we enjoy, because it for an ends we may never know. excellent cause, even with However, it is not the end that the efforts it requires. Colin matters, but the journey instead. Powell said that “a dream We are marching on. doesn’t become realty through magic; it takes sweat, determination and hard work”. We enjoy this work particularly because we know that, as Khalil Gibran said: “when you work, you are the flute through whose heart the whispering of the hours turns to music”. The more the work, the sweeter the music!



Ongoing activities in – “The Ocean State”, Rhode Island Chapter by Nadine V. Wilson President

Rhode Island Chapter held a very successful food sale February 6, 2016. President Nadine Wilson and members of the chapter worked assiduously for the success of the food sale. The chapter is planning on several other events before convention 2016.

The chapter election for 2016-2018 officers is scheduled to be held on March 13, 2016 during the chapter regular monthly meeting. All positions are opened.

The chapter president, Nadine Wilson is encouraging other Spartans in the area to join in this

worthy cause for our Alma Mater and the children of B.W. Harris School Liberia. Excellence in education is our goal as she stated.

The chapter is looking forward to another year at Convention 2016 in New Jersey!!!!



WHAT’S HAPPENING IN DC METRO CHAPTER – THE PREMIERE CHAPTER!

DC Metro spoke with an overwhelming vote of confidence in re-electing its high performance leadership team headed by President Mona B. Diggs. The other elected officers are:

1st Vice President, Maayon Clements; 2nd Vice President, Tayonnoh Gray; Treasurer, Ophelia Acolatse; Financial Secretary, Julius King; Secretary, Comfort Browne; Chaplain, Velma Hoff; Board member, Saba Kla-Williams; Board Member, Dorothy Richards. Addo Davis was reappointed as Assistant Financial Secretary and Varney Coleman as Chapter Representative on the Financial Control Board.

DC Metro Chapter 2016 opening act will be THE COUNTRY COOK & FAMILY FUN DAY on May 7, 2016. As one of the highest anticipated events in the area, friends, families and vendors will converge to celebrate, reconnect, network and climax with recognizing current graduates.

DC Metro cornerstone event will be the 7th Annual Rev. Dr. Emmanuel W. Johnson, Sr. Recognition and Awards program on October 8, 2016 at Kahler Hall in Columbia, Maryland. Again, this is looking like a star shining night! We are proud and excited to welcome 10 new members who joined and reconnected

with the chapter. With a solid foundation of 85 active and due-paying members, DC Metro Chapter is on track to have another banner year in winning the 2016 convention registration!!!!

Benevolence Committee Contd.

During our regular meeting, the committee suggested that opening and closing songs be sung during all in-person meetings of the organization.

The suggestion was welcome at the board meeting which was held last October in New Jersey. All in-person meetings will be opened with the song “We gather together to ask the Lord’s blessings”, and

closed with “Blest be the tie that binds.”

Members of the committee would like to thank the organization for the opportunity to serve.

Committee Members:

Wanda Bropleh –Chairman

Velma Hoff

Sarah Maximore

Naweh George- Scott

Jared Brandy

Musu Benson

Lafayette Willis

Alex Brown

Modu Thomas

Ciatta Diggs

Patience Prowd-Buxton

North Carolina Chapter

by Richard Wright, President

Faces of B. W. Harris School

Due to the winter holidays and other unforeseen circumstances, the chapter did not embark upon any activities. The annual Fr. E. G. W. King program had to be suspended due to logistical problems.

The chapter has instead decided to sell commemorative t-shirts in his honor to raise funds. The chapter is soliciting the efforts of all chapter presidents in this endeavor.

The sudden death of Spartan Rev. Fr. Himie-Budu Yakade Shannon has also prompted the chapter to establish a scholarship in his honor which will begin in 2017.

The chapter will be hosting a couple of events during the warmer months to compensate for the lack of activities.





Tri-State Chapter's 15th
Bishop George D. Browne
Annual Award Program
Honoring

Professionals and Parents

Saturday, April 30, 2016

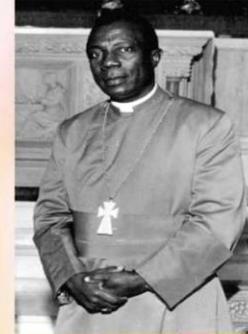
8pm - 2am - RED CARPET: 7pm

Sacred Heart of Jesus Parish

537 Grove Street, Irvington, NJ 07111

\$35.00 - Regular - \$50.00 - Patron

Dress: African/Formal



Contacts:

Joe Freeman:

732-582-9656

Eugenia Jelani:

203-984-6383

Muriel Wayne:

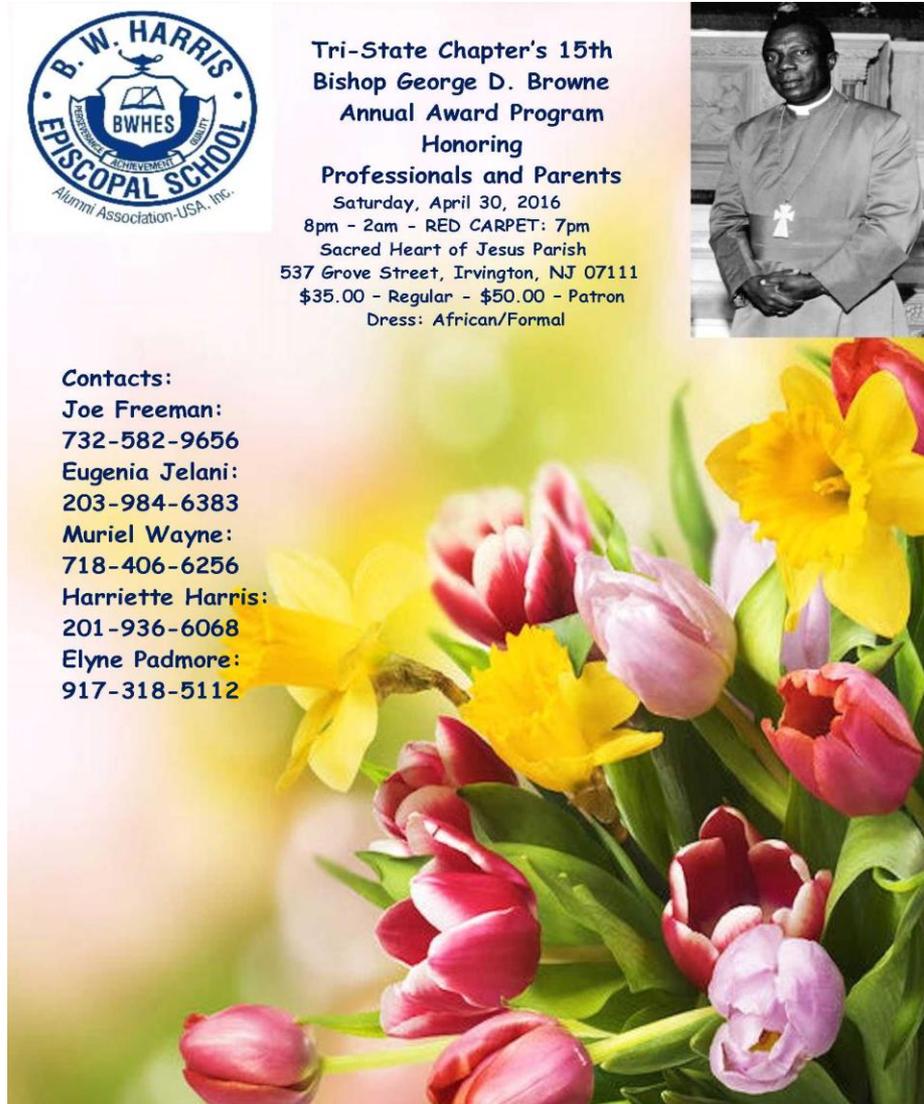
718-406-6256

Harriette Harris:

201-936-6068

Elyne Padmore:

917-318-5112





**DC METRO 2016
FRIENDS & FAMILY
FUN DAY**

**SATURDAY
MAY
7TH
2PM-9PM**

**INDIAN SPRING TERRACE PARK
9717 LAWDALE DRIVE
SILVER SPRING, MD 20901**

**SATURDAY
MAY
7TH
2PM-9PM**

HOSTED BY B.W. HARRIS ALUMNI ASSOCIATION DC METRO CHAPTER

**BRING YOUR FAMILY, FRIENDS AND CO-WORKERS
FOR A DAY OF FESTIVITIES AND FUN FOR ALL AGES.
COME SAMPLE TASTY AFRICAN FOOD
AND WESTERN DELIGHTS.**

All food and drinks for sale.

**Proceeds benefit the children of
B.W. HARRIS SCHOOL IN LIBERIA.**

CONTACTS:
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