



The Mighty SPARTAN

B. W. Harris Alumni Association-USA

WWW.BWHarrisAlumniUSA.Org

E-mail: PublicRelationsCommittee@BWHarrisAlumniUSA.Org

September 2013

BWHAA QUARTERLY NEWSLETTER

Volume 14 Issue 14



“Our Alma Mater; Our Purpose!”

IN THIS ISSUE:

- **Featured Spartan pg. 2-4**
- **National Chair Speaks pg. 5-6**
- **2013 Convention Report – PennDel pg. 7**
- **2013-2014 Approved Budget pg. 8**
- **The New Web Site pg. 9**
- **Capital Campaign: Main Fundraiser pg. 10**
- **The Endowment Fund pg. 11**
- **Academic & Scholarship Committee pg. 12-13**
- **Featured Chapter pg. 14**
- **Quiz Corner pg. 14**
- **Chat With the Chapters pg. 15-19**
- **Spartan Biz pg. 17**
- **DC Metro Advertisement pg. 18**
- **Class of '88 Reunion pg. 19**
- **Class of '83 Reunion pg. 20**
- **B.W. Harris Alumni-Liberia pg. 21**
- **2013 Convention Photos pg. 22-25**
- **Fantastic Fashions pg. 26**
- **New & Tasty Recipes pg. 27-28**
- **Health Tips pg. 29**

STAFF:

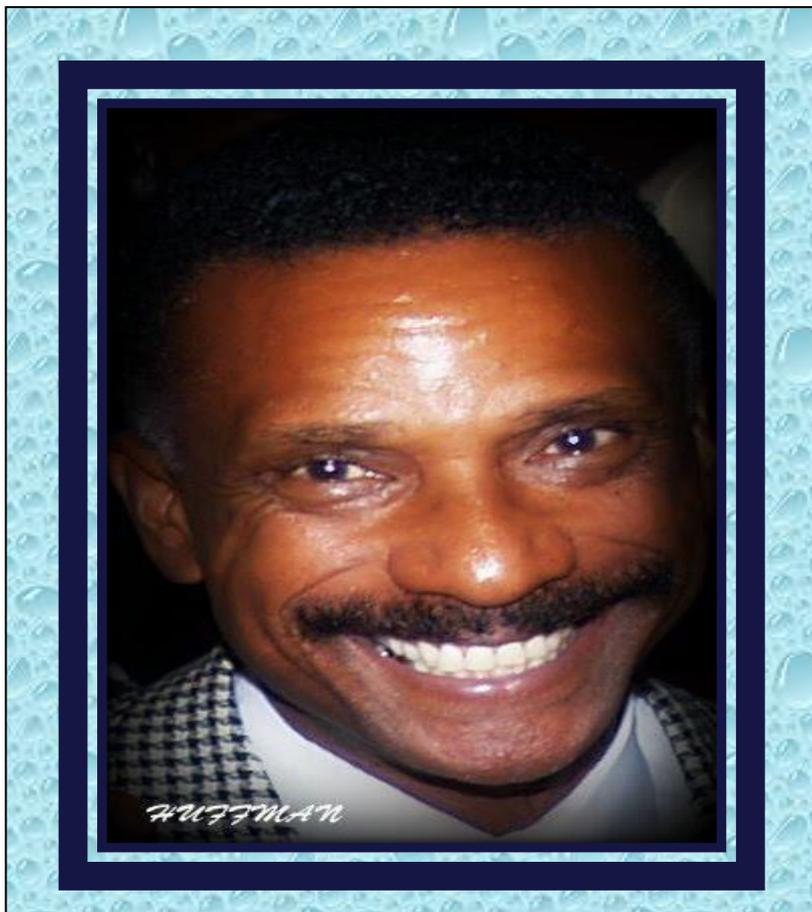
- **Miyesha Cheeks: Layout**
- **Joanna Freeman-Richards**

CONTRIBUTORS

- **Chapters, members & friends**

FEATURED SPARTAN

by Staff Writer



Our featured Spartan, Charles Hoffman, is a member of the Class of 1971. He is one of the original students of B. W. Harris Episcopal School, having transferred from the former Trinity Parish School (TPS), entering B. W. Harris when it opened its doors in 1960. He remained at B. W. Harris until 1970 when he was selected as one of the first Liberian exchange students through the Youth for Understanding (YFU) program.

Charles was born the first child of Charles Hoffman and Facia Massaquoi Hoffman during the tranquil age of the mid-Twentieth Century, on the cusp of the beginning of a time that would change and transform the world and humanity in the 1960s and beyond. Most of the non-political revolutions such as the “tech revolution” occurred in this time period.

His family ancestry is quintessential Liberian.

He is a descendant of the royal household of the Massaquoi Kingdom which traces its history back to the Kingdom of Sudan from which the Vais migrated to what are now Liberia and Sierra Leone, and the family of Elijah Johnson, one of the founding fathers of the Republic of Liberia.

Charles described his upbringing as coming up in a matriarchal family, and says of his grandmother, Rachel Johnson Massaquoi, with deep emotion, “She is the pillar of my strength and lifts me up whenever I have stumbled all throughout my life, even now that she is physically no longer with us”.

He further describes himself as “family centered.” “Besides my mother and grand-mother, I have four natural sisters, eight surrogate sisters, six aunts and god knows how many uncles.

As he was growing up, his father, Charles Hoffman, a United States Navy Veteran and engineer, exposed him to toys, Lego blocks, trains, construction models, and even toy people, which “allowed me to build villages and towns,” he said. Spartan Hoffman told The Mighty Spartan, “I found my career path at an early age, say 5.” Cllr. Mohamedu Jones, who was his classmate from Second Grade at B. W. Harris, said “Charles Hoffman was drawing buildings and concept cities in class from 2nd grade all the way to high school. He always said he would be an engineer. I remember that very distinctly. And he did become one.”

With his interest in design and construction from such an early age, Charles studied at the University of

Detroit, where he received an Associate Degree in Architectural Technology/Design and subsequently received a Bachelor of Science Degree in Mechanical Engineering from Wayne State University, also in Detroit, Michigan.

Our featured Spartan is an Owner/Project Manager/Designer of RONAP Construction Company, a design-build company in Monrovia Liberia and RONAP General Contractors LLC of Reston, Virginia. RONAP Liberia has several residential projects completed or in process in Liberia. RONAP Virginia has multiple residential and commercial design and construction projects either completed or in process. Charles, who was involved in Post-Katrina reconstruction in New Orleans, Louisiana, described the projects there as the “most moving of my career. I was actually helping people rebuild their lives after devastating loss.” In addition to Louisiana, RONAP has a track

record of successful projects in the District of Columbia, Georgia, Texas, Virginia and Liberia.

As a Partner and Project Manager for RONAP, our featured Spartan is responsible for infrastructure and project control, supervision of design and construction activities, coordinating the projects, scheduling, trade-subcontractors and daily site operations. “I have to keep my eyes on a lot of fast moving parts,” he said.

In 2012, Charles set up the Charles Lahai Hoffman Scholarship for aspiring engineers at B. W. Harris. “I will thrive to continue to give more each successive year. B. W. Harris gave me the building blocks upon which I was able to achieve what I have accomplished. It is only right that I gave back.” He stated that he believes in the objectives of the Association and will always give it his full support. “Look, I am very proud of the leadership our National Chair, Gudrun Harris, my small cousin [laughing out

loud] and what she and her team have brought to the Association. This is what brought me full-fledged back into it – transparency, accountability and achievements.”

To the surprise of The Mighty Spartan, our featured Spartan revealed that he has two patents pending, one in the dental industry and one in the cosmetology industry. Charles is a former owner of a successful hair salon in Atlanta, Georgia. Talking to Cllr. Jones about Spartan Hoffman, he said, “Hoffman was always good in the sciences. I am not surprised at all that he has pending patents.”

“I am very passionate about family, culture, heritage, faith, loyalty and justice,” Spartan Hoffman told The Mighty Spartan. “I am also very sensitive and passionate about

women issues,” he said. Charles who is a Boy Scout and Master Mason states that he believes in the fundamental goodness of people and looks for that in all his interactions with others. He is a devout member of the Episcopal Church.

Spartan Hoffman pointed out that science and technology has brought about much improvements in human conditions. Because engineering is transformative, he felt obligated to assist students in the school, who want to study engineering because he recognized that successful engineering – better and more affordable residential construction – roads – bridges – and the like would help to raise the standard of living and conditions of life for people in Liberia.

Consistent with this goal, Charles told The Mighty Spartan that creativity is central to their approach at RONAP. “Our creativity is achieved through listening to and studying our clients’ needs and life styles, coupled with the dictates of the environment and topography,” he said. To this end, RONAP actively promotes solar energy in its projects. The company has decided that renewable solar energy as alternatives to diesel and gasoline generators, which are major contributors to “greenhouse” gas emissions that is fast changing the environmental conditions of Africa is the way of the future and wants to be part of it.

Spartan Hoffman intimated that he was very proud to be part of what is indisputably the most effective Liberian based Alumni Association in the USA. “We are having a real impact on the lives of the students of B. W. Harris. This is why I established the Hoffman scholarship. This is why

I will work hard to expand it as time goes by. We are doing good things at our school and I am all for that,” Hoffman who is known to “party hearty” at Conventions said “The reason I dance so much at Convention is because I am in a festive mood for the great things we do for our school and I am part of the success with the Hoffman Scholarship. I enjoy myself very much because I am contributing,” Spartan Hoffman concluded.

Charles has three children and six grand-children. “My grand-children would be right there in B. W. Harris if they lived in Liberia,” he said.

When it comes to selecting the Spartan to be featured, we look for someone who consistently exhibits the true characteristics of a Spartan. A Featured Spartan is an all-around great Spartan.

Again, we are proud to present to you someone who meets all of these criteria, and even more.



NATIONAL CHAIR SPEAKS ABOUT HER “PROJECTS” INITIATIVE

by National Chairman Gudrun Harris



In the 2013-2014 school years, for the first time in our Association’s history, we will have a direct impact on all students of the school at the same time. This is the very positive result of our administration’s project implementation policy initially commenced in 2012. By employing the project approach, the Association is at a historical point because in 2013-2014, we will provide resources to the largest number of students simultaneously across the school: from Kindergarten to 12th grade, from the clinic to the library, in sports, academics and music. This is unprecedented and historical.

The Association is committed to changing the learning environment of our school and to improving opportunities for quality learning for our students. I am pleased to say that we have made momentous progress in

meeting these connecting goals, and each member should be proud of our Association and what we provide the students of B. W. Harris. Our close collaboration with Principal Lurleen King Falla is bearing fruit: for example, all 2012-2013 12th graders passed their WAEC exams. Congratulations to them and the school.

In 2012, Tri-State and Metro Chapters took the lead in implementing projects at the school. Tri-State provided funds and materials for the School Clinic and the Kindergarten Class. Metro Chapter purchased a series of reading books for elementary students which were placed in the library. Examples of members implementing projects also occurred: I undertook the class room fan project and donated my honorariums for 2011-2012 to fund academic materials.

NATIONAL CHAIR SPEAKS cont

by National Chairman Gudrun Harris

Cllr. Mohamedu F. Jones and the Association jointly undertook the Record Digitization Project. BWHESS-Liberia completed its whiteboard project by putting whiteboards in every class, the first school in Liberia to meet this standard.

Realizing the immediate positive impact these projects had on students at the school, during the 2013 Convention, our administration decided to emphasize specific projects that could be supported by the Association, Chapters, Classes and individual members.

At the Convention, this approach proved to be very successful when the Association approved the expenditure of \$9,000.00 to purchase teacher curriculum texts and materials from A Beka Books for the school, which have been

shipped. Metro Chapter committed to and provided \$3,000.00 to purchase reading books for 7 – 12 grades, completing Metro's Library Book Project, which now provides modern and contemporary reading books for all grades in B. W. Harris.

The Class of 1983 has provided dictionaries for the library, which were purchased. Spartan Marjon Wiles Greaves donated funds to purchased dictionaries and reference materials for the elementary and middle school divisions. The Association has purchased science laboratory materials, drapes for the auditorium, boys and girls basketball jerseys, basketballs and accessories. Rhode Island Chapter provided two laptops which will offer capacity for teachers to use them in classroom, adding mobility to

Hi-Tech. In other manifestations of the successful project implementation by the Association in 2013, Tri-State provided \$4,000.00 to fund the first phase of the auditorium chairs. The Association is presently working with the school to purchase the chairs in Liberia. Tri-State also provided \$2,500.00 to continue its Clinic and Kindergarten projects. We are in the process of acquiring assortments of Kindergarten and clinic materials for delivery to the school.

Spartan David Moore launched the Musical Instruments Project by supplying an electronic keyboard. The Texas Chapter using joint funds with the M. Fahnbulleh Jones and Alliette Jones Star Project provided \$1,000.00 to purchase five (5) Audio Listening Centers with 30 headsets along with teaching

and learning materials for use by all divisions in the school: kindergarten, elementary, middle and high.

It is our plan to ship all project for use during the 2013-2014 school years. These resources will definitely have a lasting impact on the students of the school.

The National Officers will continue to collaborate with the school and members to identify projects we can support to achieve one of our central strategic visions: "Liaise with the administration of B. W. Harris Episcopal School to supply 21st Century 'learning and teaching' resources to B. W. Harris Episcopal School."

Thank you my fellow alumni for your overwhelming support for the project approach launched by our administration. We look forward to Projects 2014-2015.

**B W Harris Episcopal School Alumni Association-Use, Inc.
 2013 Convention - PennDel
 Summary Report
 July 5 - 7 , 2013**

<u>Description:</u>	<u>Donation:</u>
Late Registration - July 5 - 7, 2013	\$2,740.00
Entrance (Welcome Party, Chairman Ball, & Farewell Party)- July 5 - 7, 2013	\$7,201.00
Food (Board and General Meetings) - July 5 & 6, 2013	\$287.00
Drinks - Welcome Party - July 5, 2013	\$1,110.00
Convention Souvenir Items	\$30.00
*Scholarship Fund	\$1,625.00
*Projects	\$9,650.00
*Capital Campaign (Hall of Fame and Annual Giving)	\$860.00
*2014 Chapter Assessment	\$1,500.00
Pre-registration 2014 Convention	\$200.00
Sub-total Donation:	<u>\$25,203.00</u>
 *Pledges - Scholarship Fund/Projects (excluding In-Kind) to be received	 <u>\$1,125.00</u>

B W HARRIS EPISCOPAL SCHOOL ALUMNI ASSOCIATION-USA, INC.
 APPROVED OPERATING BUDGET
 JULY 1, 2013 - JUNE 30, 2014

		OPERATIONS	CAPITAL CAMPAIGN	TOTAL
INCOME/REVENUE:				
Cash		\$29,000.00		\$29,000.00
Capital Campaign-Hall of Fame	3 @ 500		\$1,500.00	\$1,500.00
Wall of Recognition	5 @ 200		\$1,000.00	\$1,000.00
Spartan Pride	5 @ 100		\$500.00	\$500.00
Lifetime Membership (Endowment Fund) *	2 @ 1200		\$2,400.00	\$2,400.00
Wall of Memory	3 @ 150		\$450.00	\$450.00
Annual Giving			\$1,150.00	\$1,150.00
B W Harris Building Infrastructural Development Fund (BIDF) *			\$3,000.00	\$3,000.00
Projects		\$5,000.00		\$5,000.00
Scholarship		\$3,000.00		\$3,000.00
Chapters Assessment	8 @ 1500	\$12,000.00		\$12,000.00
Registration for Convention	150 @ 100	\$15,000.00		\$15,000.00
Late Registration for Convention	50 @ 110	\$5,500.00		\$5,500.00
Advertisement - Convention Souvenir Program				
5 Ads @ \$75.00 ea = \$375.00	5 @ 50	\$375.00		\$375.00
7 Ads @ \$50.00 ea = \$350.00	7 @ 50	\$350.00		\$350.00
TOTAL PROPOSED INCOME/REVENUE		\$70,225.00	\$10,000.00	\$80,225.00
EXPENSES:				
Association 2013 Annual Report Filing Fee with the State of Delaware		(\$100.00)		(\$100.00)
Association Incorporation Fee (Registered Agent)		(\$100.00)		(\$100.00)
Awards		(\$750.00)		(\$750.00)
B W Harris 2013-2014 Principal Subsidy/Incentive		(\$1,200.00)		(\$1,200.00)
Teacher Caroline Cole 2013-2014 Incentive Program		(\$4,000.00)		(\$4,000.00)
Board Honorarium		(\$2,800.00)		(\$2,800.00)
8 National Officers @ \$200.00 ea = \$1,600.00				
8 Chapters Presidents @ \$150.00 ea = \$1,200.00				
Board Rep Stipend in Liberia		(\$300.00)		(\$300.00)
Convention 2014		(\$5,000.00)		(\$5,000.00)
Convention Souvenir Program		(\$2,500.00)		(\$2,500.00)
Convention Souvenirs (T-Shirts & Bags)		(\$1,800.00)		(\$1,800.00)
Post Office Box Annual Rental Fee		(\$250.00)		(\$250.00)
Safe Deposit Box Annual Rental Fee		(\$75.00)		(\$75.00)
Bank Fees		(\$300.00)		(\$300.00)
PayPal Fee **	2%	(\$1,024.50)		(\$1,024.50)
Website Subscription		(\$300.00)		(\$300.00)
Stationery/Office Supplies		(\$200.00)		(\$200.00)
Shipping/Handling		(\$500.00)		(\$500.00)
Postage		(\$500.00)		(\$500.00)
Public Relations		(\$600.00)		(\$600.00)
Repairs & Maintenance of School		(\$2,500.00)		(\$2,500.00)
Scholarship Tuition		(\$15,000.00)		(\$15,000.00)
11 Sr. High Sch. Students @ \$535.00 ea = \$5,885.00				
11 Jr. High Sch. Students @ \$425.00 ea = \$4,675.00				
8 Elem. Sch. Students @ \$330.00 ea = \$2,640.00				
Internal and External Audit		(\$1,500.00)		(\$1,500.00)
Miscellaneous (General Management Expense) ***	8%	(\$4,423.96)		(\$4,423.96)
ACADEMIC PROGRAM				
Books, Programs & Incentives		(\$9,000.00)		(\$9,000.00)
Science Lab (Phase I)		(\$1,500.00)		(\$1,500.00)
SMARTTECH				
Smart Technology V Annual Upgrade/Maintenance		(\$3,500.00)		(\$3,500.00)
TOTAL PROPOSED EXPENSES		(\$59,723.46)		(\$59,723.46)
PROPOSED NET PROFIT/(LOSS)				\$15,101.54

Note:

* Endowment Fund and BIDF Beginning Balances and Proposed Income/Revenue are restricted funds which are not applied to the Proposed Operation Income/Revenue and Expenses

** Total Proposed Income/Revenue less Cash

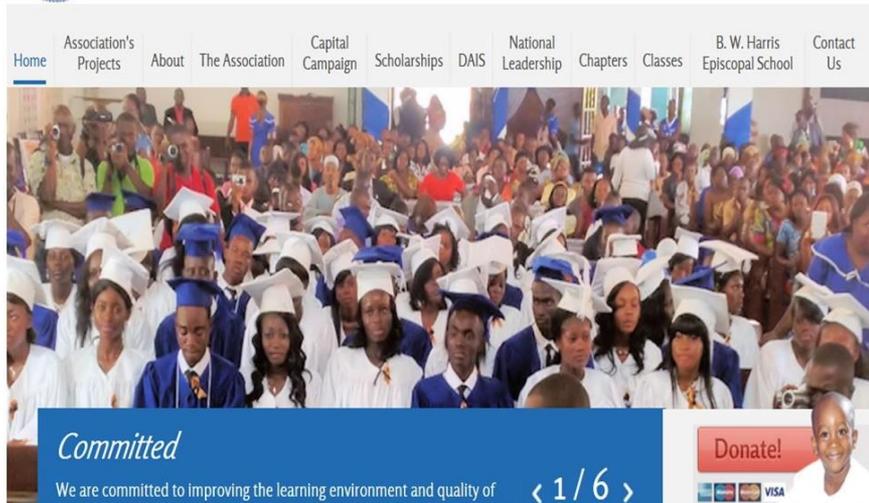
*** Total Proposed Expenses

The New www.BWHarrisAlumniUsa.org

by Staff Writer



B. W. Harris Episcopal School Alumni Association-USA, Inc.



On assuming office in 2011, the National Chair, Gudrun Harris, indicated that she wanted to revamp the Association's web site so that it would provide more information about our activities at B. W. Harris, and become the communication hub of the Association. The National Chair constituted a Web Site

Committee, of which she was one of the members, to begin the work of re-designing a new www.bwharrisalumniusa.org.

The Committee members are: Owen Neal, Chair, Joanna Freeman-Richards, Gudrun Harris and Mohamedu F. Jones as members.

After examining a number of possible web designers, Elevation Web was contracted. This is an organization that provides web services to non-profits, with the following mission: "Elevation exists to help non-profit organizations spread their message effectively online." Elevation has a 1:1 Match Policy for non-profits to help reduce the cost to them. It describes its 1:1 Match this way: "For each dollar your non-profit spends on web design, programming, or other media related work, we will match that dollar with a dollar of our own."

Elevation's services was invoiced at \$7,425.00 and under the 1:1 Match Policy billed B. W. Harris \$3,712.50. National Chair Harris negotiated to obtain a further discount of \$1,000.00, placing the final bill at \$2,712.50. She also identified a donor, who elected to remain anonymous, who provided

the full \$2,712.50 to the Association to fund the web design.

The new www.bwharrisalumniusa.org was launch during the 2013 Convention and is now the central communication tool of the Association. Press releases and other bulletins direct members to the web site. "The Mighty Spartan" is available directly on the web site and is no longer distributed by email attachment. Complete information about the school and our activities in the school are easily available to supporters and prospective donors at the site.

The web site has truly been transformed into the most effective means of communicating and publicizing the Association's message.

CAPITAL CAMPAIGN: ASSOCIATION'S MAIN FUNDRAISER



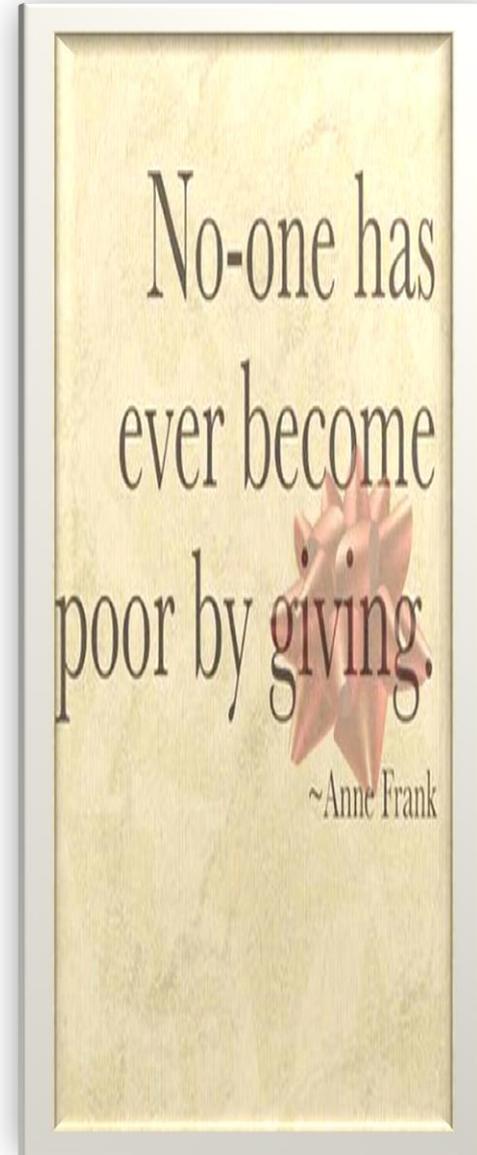
In 2008, the then National Chair, Handel K. C. Diggs, established the “Hall of Fame,” revitalizing and re-energizing the Association’s Capital Campaign. This trend has continued to grow under the current administration of National Chair Gudrun Harris.

Since 2008, the Capital Campaign has generated over \$74,000.00, making it the largest single source of funds for the Association. Below is a breakdown of in-flows into the various Capital Campaign Funds Capital Campaign Funds 2008 - 2013

Fund Amount	
Hall of Fame	\$30,000.00
Wall of Recognition	\$12,400.00
Lifetime Membership	\$12,000.00
Annual Giving	\$10,224.60
Spartan Pride	\$ 5,000.00
Wall of Memory	\$ 3,450.00
Endowment Fund	\$ 800.00

In an interview with “The Mighty Spartan,” the Chairman of the Capital Campaign, Cllr. Mohamedu F. Jones indicated that 63 person or entities have contributed to

the Capital Campaign, of which 54 are alumni. Cllr. Jones noted that “54” represents less than 50% of members who registered for the 2013 Convention. “Just imagine if everyone who registered had given to the Capital Campaign,” Cllr. Jones observed. He noted that 40 of the 54 alumni had contributed \$500.00 or more, with 10 members contributing over \$1,000.00. “The Capital Campaign is indisputably the resource engine of the Association,” said the committee chair. He thanked members who have contributed and continues to ask all members to participate in the Capital Campaign.



THE BWHESAA-USA ENDOWMENT FUND

by Staff Writer

first term of National Chair Gudrun Harris, has a goal of achieving a minimum of \$50,000.00 in the Endowment Fund by June 30, 2016, the 25th anniversary of the Association's official founding.

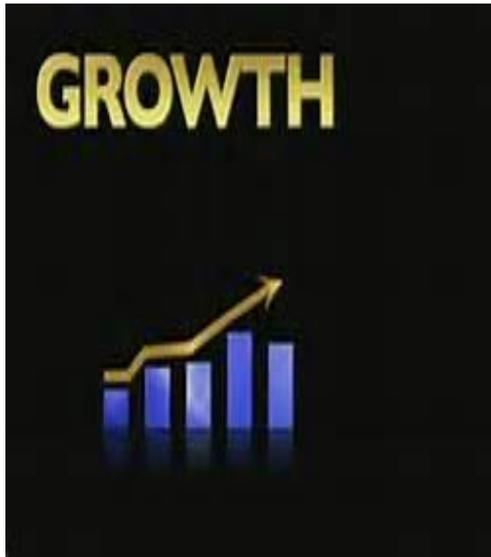
As of today's date, the Endowment Fund has the sum of \$11,625.21 in Certificates of Deposit and \$2,859.00 in the Association's account, totaling \$14,484.21. It is projected that the Fund will reach \$20,000.00 by Convention 2014.

The Capital Campaign Committee is continuing to encourage members to contribute to the Endowment in whatever amount that meets their budgets.

The B. W. Harris Episcopal School Alumni Association-USA, Inc. Endowment Fund was established in October 2011 by the Executive Board.

This initiative of the Capital Campaign Committee, which was implemented during the

*Support the future –
contribute to the Endowment Fund*



ACADEMIC & SCHOLARSHIP COMMITTEE by Angeline Bishop-Oshoko



The Scholarship and Academic Committee which is headed by Spartan Angeline Bishop-Oshoko has been working diligently with Mr. Adolf Sackey, Scholarship Chair Liberia and Mr. Owen Neal Scholarship Co-Chair – USA to ascertain that scholarships are awarded to students in a timely and equitable basis. Ms. Bishop-Oshoko met with Mr. Sackey during the 2013 convention in Delaware. Mr.

Sackey talked about the difficulties in getting documentations from students and parents and plans were discussed to improve the current scholarship process in Liberia. The committee extends its heartfelt congratulations to Mr. Sackey for his outstanding work and an award was presented to him for Outstanding Leadership in

Liberia. Ms. Bishop-Oshoko is proud to announce that 30 scholarships were awarded to deserving students that met the eligibility requirements for the academic year 2012/2013 totaling \$12,695. The committee received 34 applications for the 2013/2014 academic year and is in the final review phase.

The Academic and Scholarship Chair is proud to announce that two of our scholarship students Vagamoh Swaray and Mohamed Sy were the Valedictorian and Salutatorian for academic year 2012/2013. The Principal, Ms. Lurleen Falla informed the committee that all students passed the West African Exams (WAEC). Congratulations to Ms. Falla for receiving an award for Outstanding Leadership from the Alumni Association. She will also receive a monetary award for her contributions in ensuring that all students were successful in passing the WAEC exams

from the Academic and Scholarship Committee.

The National Chair Ms. Gudrun Harris informed the Academic and Scholarship Committee Chair, Ms. Angeline Bishop-Oshoko that the Phase one science lab items were shipped to Liberia. The science lab project is to ensure that our students are provided with the required tools and resources to learn the basic projects for kids as well as ideas that will help challenge and guide children through whatever subject they investigate. Students at any grade of elementary school, middle school and high school can enjoy creating cool projects with easy ideas and interesting questions about chemistry, biology, physics, earth, plants and more. Kids can use these items to create their own original project in an area that they are interested in. Whether they're in the 3rd, 4th, 5th, 6th, 7th or 8th grades they will enjoy projects such as growing salt crystals,

ACADEMIC & SCHOLARSHIP COMMITTEE cont

making fossils and measuring wind speed.

The committee is soliciting for donors for the 2013/2014 academic year and ongoing. Plans are being discussed to reach out to chapters, classes, individuals, and other organizations to solicit funds for the scholarship program. The National Chair in collaboration with the Academic and Scholarship Chair are urging all Spartans to reach out and contribute to the scholarship program. I can assure you that you will be making a difference in the lives of students at the B W Harris School on Liberia. The committee extends a special thank you to all our donors.

The committee plans to continue working with the principal and academic staff to ensure

teachers participate in Professional development activities to include opportunities for acquiring and maintaining professional competence, improving instructional skills, pursuing educational goals, achieving personal development and career growth, and responding to changing needs of the school. The committee believes that the best possible educational environment for all students can be achieved when the school and its alumni association invests in the professional skills, academic knowledge, personal health, and cultural proficiency of all of its teachers. Professional development also provides an opportunity for classroom skill enhancement and increased knowledge in their specific academic discipline. Professional

development activities may include, but are not limited to, credit and non-credit courses (classroom or online), workshops, seminars, teleconferences, and audio-visual materials. Funding is available to assist teachers with professional development workshops. Projects for the 2013/2014 academic year include but not limited to:

- Professional Development - Increased the number of PD opportunities for teachers. All of the teachers should have participated in at least one PD.
- Lets Read Program – Reading periods imbedded in curriculum for teacher to take student s to library.
- Extended Learning - Revisit and try new strategies. Start with primary grade and gradually (reading , LA, and math)---high school LA teacher

with research writing

- Library - Book Drive - Additional books needed Solicit for book for 7th – 12th grades
- Career Day - Make Career Day an annual Event
- Home Economics Program - New home economics teacher will utilize resources for students benefit
- Fully implemented cooking and sewing classes
- Mentoring Program – Solicit Alumni and teachers to participate.
- Parent Resource Center – Establish an area to communicate and provide resources for parents.
- Book Club
- Science Lab – Phase Two

The Committee will be launching a Book Drive to solicit additional books for the library for students from grades 7 to grades 12th.

FEATURED CHAPTER

by 2nd National Vice Chair Georgia Briggs



North Carolina 2014

NC chapter was reactivated in 2010 and has strived to be a chapter that has its alma mater's current and future state at heart. Now under the leadership of Richard Wright as its 2nd president since reactivation, we are preparing to host convention 2014.

We have several fundraisers to include one the night of the annual board meeting to be held in Charlotte, NC as we prepare for this extraordinary event. We want to be one of the premier chapters of this illustrious body and strive to achieve such.

Membership is steadily increasing with individuals that are committed and dedicated to the cause at hand quality education for all students at our beloved B.W. Harris.



- 1) What year was the 1st graduating class of our Alma Mater?
- 2) Name 3 past principals?
- 3) What graduating class installed the bust of Brevard Washington Harris as their class project?
- 4) Who is the current principal?
- 5) What year was the first and only all girls class a part of the B.W.Harris family?

- 1) 1961
- 2) Emmanuel Johnson,
- E.G.W King,
- J.Wah Doe Bedell
- 3) Class of 1980
- 4) Lurleen King-Fallah
- 5) 1979...11-C

Please contribute by sending any questions you have with answers to: newsletter@bwharrisalumniusa.org

A CHAT WITH TX CHAPTER

By Joe Stewart



Highlights of the Texas Chapter Since reactivation in 2012

By: JoeFrank Yuku Stewart

Officers of Texas Chapter
President: **JoeFrank Yuku Stewart**

Vice President: **Kamah Konner Dennis**

Treasurer/ Board Member:
Irna Williams

Board Member: **Marjon Wiles-Greaves**

Financial Secretary: **Mayetta Clarke Browne**

Chaplain: **Lamii Kawah**

The Texas Chapter was awarded the Chairman's Medal of Honor and a Project Award for sponsoring and funding the acquisition of five Audio Learning Centers with 30 headsets for B. W. Harris through the "**Texas Chapter - M. Fahnbulleh and Alliette Jones Star Project.**" This project will improve the learning environment at the school.

It is because of the hard working members of the Texas chapter that President Yuku Stewart was a recipient of the highest award in the association, the 2013 Chairman's Medal of Honor. He also received the 2013 Presidential Award because he and his members hosted successful events and paid their 2013-2014 assessment fees. By sponsoring the Audio Learning Centers project,

Texas also received a Project Award.

The President and board members registered prior to the board's deadline of April 15, 2013. With this, the 3 board members of Texas chapter received Board Registration Appreciation 2013 ribbons at the General Convention meeting. Our Board member Marjon Wiles-Greaves also received the 2013 Leadership award for her role in registering members who had not registered for the 2012 Convention. Texas chapter is **strong** in Pre-Registrations. During our first year of reactivation, we registered 15 Spartans and in the second year we registered 17 Spartans putting us in 3rd place on the National level.

What next? Texas chapter honors former Student

Council Presidents of the B. W. Harris Episcopal School- a Black Tie Dinner Party!

We are also excited to honor great men and women of our alma mater on January 18, 2014. We believe that these men and women played important roles at our school and they deserve to be recognized. We are proud to honor these individuals: **Alpha Brownell, the late Rosetta Stewart, Clemenceau Urey, Blamoh Nelson, Arthur Summerville, Dwight Johnson, Amb. Henry Williamson, Gerald Richards, Cllr. Cyril Jones, Rev. H.Budu Shannon, Jarred Brandy, Ewin Eddie Dunbar, Pompey Caesar Greene, Maesah Daniel Nelson, Winfred Clarke, Kamah Konner Dennis, Richard Wright, Albertha Kamah Gillespie, Prince Yates and John Cuffey**, all of whom served as presidents of the student council.

A CHAT WITH RI CHAPTER

Alexander Brown



We have had Two food sales and in October will be the Third food sale for this year. Rhode Island Chapter says thanks to all, We Love B.W.Harris School, we will do all we can for Our School.

God Bless Us All.



Fast Facts about Rhode Island

Date of Statehood: May 29, 1790

Capital: Providence

Largest City: Providence

Flower: Violet

Tree: Red Maple

Bird: Rhode Island Red

Nickname: Ocean State

We say thanks to God for all his blessings. One of our members, Alexander R. Brown, was awarded at this year 2013 B. W. Harris convention the Chairman Medal of Honor, because of his hard work in the chapter. The highest in this association of B. W. Harris.

The Rhode Island Chapter had Nine members registered at this year's convention.

Rhode Island Chapter honor every year mothers of students in the chapter who've attended B. W. Harris Episcopal High School.

A CHAT WITH NC CHAPTER

President Richard Wright



- d) Piper Glen Ballroom
- e) Queens College Ballroom

Most venues are within the greater Charlotte area or within a very reasonable driving distance from the hotels.

Spartans attending the 2014 convention are guaranteed a rich, fun filled weekend which will focus primarily on families instead of individuals. Next year, children are assured that they will have the opportunity to experience the Spartan spirit as their parents did.

Fast Facts about North Carolina

Date of Statehood: November 21, 1789

Capital: Raleigh

Largest City: Charlotte

Flower: Dogwood

Tree: Pine

Bird: Cardinal

Nickname: Tar Heel State

After returning from a successful and fun filled weekend in the Pennsylvania/Delaware/Philadelphia areas, the North Carolina chapter has been eagerly planning fundraisers, locating venues and doing everything possible to make sure convention 2014 is a hit, exhibiting southern hospitality at its finest.

The venues being looked at primarily for the convention ball are:

- a) The Oasis Shrine Auditorium
- b) Metropolitan Ballroom
- c) Temple Bethel Ballroom

A CHAT WITH TRISTATE CHAPTER

President Louisa Merchant



Tri-State Chapter

A successful year past & the beginning of another successful year!

By: Louisa Merchant

The Tri-State Chapter, under the leadership of Acting President and 1st vice President, Louisa Merchant, continues to remain strong in our organization. In April, we hosted one of the most successful events of all times, the Bishop George D. Browne Annual Awards Program, selling out every seat in-the-house. It is appropriate to say that every member of Tri-State Chapter stepped up to make this event a

success. Again, my gratitude to all of our members!

During Convention 2013, we contributed the highest amount ever in the history of our Association. Funds were allocated for the auditorium chairs, A Beka Books, Clinic, Kindergarten, Handel K.C. Scholarship, and Girls' basketball jerseys. We also paid our 2014 Assessment (\$1500.00), for the combined total of \$8,000.00. Our Board member, David Moore also contributed to the Girls' basketball jerseys.

On September 1st, 2013 our annual "Family & Friends" picnic will be held at the Wariebi's residence in Staten Island. This day is important to us because we as members take off from our busy schedules to spend time with one another and get acquainted and re-acquainted with the

combination of families.

In late September we will be electing a new core of officers for the 2013-2015 terms, which we know will lead us into another 2 successful years.

Tri-State will continue to work with the National officers and the Association to achieve the goals that are put in place to raise the academic level at B. W. Harris Episcopal School. We are Tri-State strong!



Fast Facts about New York

*Date of Statehood: July 26, 1788
Capital: Albany
Largest City: New York
Flower: Rose
Tree: Sugar Maple
Bird: Bluebird
Nickname: Empire State*

SPARTAN BIZ



TRAVEL:

<http://www.vatravelservices.ptstn.com>

CAPACITY BUILDING ICT FIRM:

<http://www.saharatechnology.com/>

The Spartan Biz Column (may grow to a Biz Page in the future) is a new feature in the Mighty Spartan. Therefore the Newsletter Team is asking all Spartans and Spartan Supporters who wish to advertise their business to submit their information to the following email address: newsletter@bwharrisalumniusa.org

CHAT WITH DC CHAPTER *By Mona Diggs*



The DC Metro Chapter held elections of officers for the term 2013 to 2015 on Saturday, August 10, 2013 where the incumbent 1st Vice President, Mona B. Diggs was elected as President. Other officers elected were:

- Maayon Clements – 1st Vice President
- Taryonnoh Roberts – 2nd Vice President
- Ophelia Acolatse – Treasurer
- Addo Davies – Financial Secretary
- Comfort Brown – Secretary
- Angeline Bishop-Oshoko – Board Member
- Gerald Richards – Board Member
- Sonia Anderson – Financial Control Board Member

Outgoing Metro President J. Wleabo Walker, thanked the members of the chapter for their support over his two terms and the realization of his vision to raise Metro Chapter to the high level it has achieved in the Association.

The newly elected President, Mona B. Diggs, expressed gratitude and appreciation to the chapter members on behalf of herself and the newly elected officers. She promised to build up a stronger DC Metro Chapter and more cohesive leadership team.

With a laser focus on REACHING OUT as its mantra, the team goals are:

- Execute the most successful convention in 2015
- Generate \$2500 in dues from 50 members in 2013 – 2014
- Generate \$5000 in dues from 100 members in 2014 -2015
- Win the association’s convention registration campaign in 2014 and 2015!

The newly elected officers were sworn in by member J. Saba Kla-Williams, with plans for a more formal

ceremony to occur during the Rev. Fr. Emmanuel W. Johnson sr. program on October 5th, 2013.



The DC Metro Chapter of the B. W. Harris Episcopal School Alumni Association-USA, Inc. presents its 2013

Rev. Fr. Emmanuel W. Johnson Recognition & Awards Dinner

Donations:
\$35 Regular
\$50 Patrons

Red Carpet, Entertainment, Cash Bar and Complimentary Dinner

Contact:

- Joe Walker - 301/466-9041
- Mona Diggs - 240/593-4279
- Addo Davies - 240/424-3889

This program will help to fund scholarships for deserving and suitably qualified students at B. W. Harris Episcopal School, fund academic materials and technology to raise the learning and teaching environment at the school, and aid in securing the future of Liberia and its people through providing a good education to the students of B. W. Harris.



DC Metro Chapter – Making a Difference!

Children reading books bought by Metro Chapter

CHAT WITH MN, GA, & MIDWEST CHAPTER



The Georgia, Minnesota, & Midwest chapters remain active chapters in the association.

However, the above chapters did not have any new information to report since the last edition of the *Mighty Spartan*.



CLASS OF '88 REUNION

by *Getahn Ward*

Nearly a quarter-century after leaving the walls of B.W. Harris Episcopal High School, members of the Class of 1988 will gather during the weekend of Sept. 20-22 in Gatlinburg, Tenn., to celebrate and reminisce about days gone by.

The close-knit group known as the Spartan "A" Team has been one of the youngest classes from the post-Liberian civil war era to participate in the national convention and leadership of the B.W. Harris Alumni Association USA.

About 25 classmates joined by loved ones and friends will take up residence in the nine-bedroom Gatlinburg Mansion in the Great Smoky Mountains for activities that range from a welcome party to a formal dinner outing.

commemoration of 25 years, the Class of 1988 donated \$565 to the national alumni association's scholarship fund to support education of the top rising senior at B.W. Harris School in Monrovia, Liberia, this year.

Giving back to the school through "The Class88 Milestone Scholarship", organizing and executing the 25th anniversary celebration, setting up bylaws that properly align with the national alumni association, and leveraging technologies and social media for cost savings were among objectives the leadership team led by Kamara Watson Jr. set upon assuming office to take the Class of '88 to the next level and ultimately achieve more unity than previously.

"So far, with amazing help from tireless teammates, it seems we are well on the way to achieving those objectives," he added.

In addition to Watson, other members of the 2012-2013 leadership team of the Class of '88 are: Helen Flomo Lewis, vice president; Getahn Ward, treasurer; Siah Fallah, chaplain; Warnetta Cooper, anniversary planning committee chair; Clarisa Ward, account receivables manager; and Marvin Cassell, governance committee chair.

Among classmates that are or have been active in the national alumni association, Darren Wilkins is first vice national chair for programs. Getahn Ward served as head of the national newsletter committee; Vah Kelley is vice president of the Georgia chapter; while Charles Johnson led the Rhode Island chapter before resigning a year ago.

CELEBRATING 30 YEARS: THE CLASS OF 1983

PRESIDENT'S MESSAGE *by President Joanna Freeman Richards*



Left to right: Thelma, Stevie, Julius, Mary, Boimah, Ophelia, Nee, Alexander, Euphemia, Candy, and Joanna @ 2013 Convention, PA

I would like to extend thanks and appreciation to you all my fellow Spartan brothers and sisters, Reunion members, one and all for your support during our 30th anniversary celebration in PA.

As President of the Class of 1983 Reunion Members, which was established in 2008, I have spearheaded raising and donating \$5,000 plus by the Class of 1983 Reunion members to BWHESAA-USA

projects at our Alma Mater.

At this year's convention, we donated two dictionaries to the school to be used in the library and also donated the amount of \$600.00 towards the Rev. Fr. E.G. W. King Scholarship. One of our members, Euphemia Williams Jones has pledged to match the amount donated towards the scholarship fund on behalf of the class.

The class of 1983 received an award for being the highest class in donating to the Association at the 2013 Convention. The President of the class was also awarded the Chairman's Medal of Honor, the highest award in the Association and Leadership awards for her hard work and dedication to the Association.

Thanks for the committed and unflinching financial support and hard work of many of our members in giving back to our dear alma mater and the children of B.W. Harris, who are our future leaders of tomorrow.

I would like to thank the 30th Celebration committee headed by Chairlady Thelma C. Collins for the committed work done for the successful planning and implementation of our 30th, celebration held July 4, 2013 in Philadelphia.

We look forward to another successful celebration 2018!! I pray that God Almighty will continue to bless and guide each and every one of them as they give their time to the service of humanity and our dear Alma Mater. Let us continue to count our blessings and give back heartily.

The children are looking up to us to continue to lead the way. Let us continue to show them the way so that they will not go astray; as it is stated in our class song "Show us the way. We don't want to go astray, we don't want to go."

In closing, I want us to observe a moment of silence for all our classmates, instructors, principal who are no longer with us, may they continue to rest in perfect peace.

B. W. HARRIS - LIBERIA CHAPTER

by Adolf VKP Sackey – President of the Liberian Chapter

I will like to express my sincere gratitude to God first for affording me the opportunity to travel to the USA and His traveling mercies upon me.

I also like to express my profound gratitude to National Chair, Gudrun Harris, and the entire membership including officers for the cordial and hospitable manner I was received and treated.

My candid opinion and overall view of the Convention is that, the objective was realized, true spirit of giving back to our alma mater highly exists in the Association and the fellowship was so fascinating. I enjoyed the manner in which the business session was conducted, the welcome dinner was so nice even though we were asked out

early, the red carpet event was so admirable and the re-election of officers was transparent.

I must thank you all for the award given me of which I'm proud of and the All White night farewell event was very unique and made me to appreciate my School more.

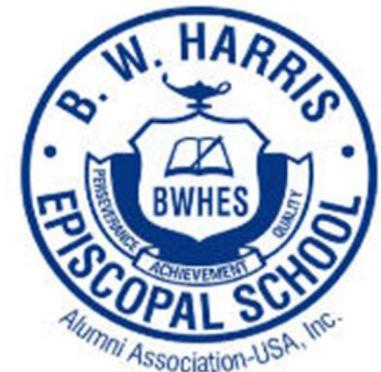
Once again, I want to encourage you all to continue doing what is best for our alma mater. Will meet you all in North Carolina next year.

Spartanly yours,

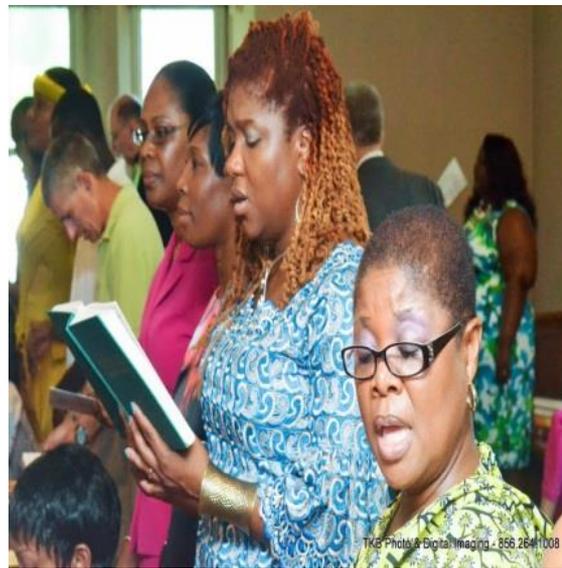
Adolf VKP Sackey
President/BWHAA-LIB



BWHAA-LIB our partners for the success of our alma mater











J Wah-Bedell Jr. (JWB)

BWHESAA Fashionister



MS - Who is my fashion designer icon?

JWB - My fashion icon is Michael Jordan

MS - How do I select my outfit for occasions?



JWB - My tailor and I usually will sit and style my outfits for every occasion. I dress casual for parties and cookouts, suits at weddings, balls, churches and funerals



Angeline Bishop-Oshoko

(ABO) BWHESAA Fashionista



MS – What is your fashion style and how do you come up with your outfits?

ABO – I want something unique that I am not going to find someone else wearing therefore I custom design most of my outfits that I wear to special events. My first step is to find the perfect color and fabric.

Some of the most common fabrics, however, are silk, chiffon, taffeta, and satin – or a combination of all three. I like Silk Czar for my very special occasions. Then again I like my African fabrics. If it is warm

outside or if the black-tie event is being held in the summertime – then I might get away with wearing a cocktail dress that is shorter. I custom design my outfits to focus on all of my assets.



For accessories, I usually match my shoes with the same color clutch or again to be fashion forward, I may match it with a different color clutch. What can I say I am eclectic when it comes to fashion!

Squid Ink Spaghetti with Shrimp and White

Truffle Oil Submitted by
Chef Gudrun Harris



INGREDIENTS:

- 1 pound squid ink pasta (you can find this at specialty stores)
- 1 pound (15 count) shrimp, peeled and deveined
- 1 6 oz jar of clams with juice (I would prefer fish or other seafood stock but I forgot to defrost mine from the freezer. If you have it, substitute about ½ cup stock in place of the clams)
- 4 cloves garlic, sliced
- ½ cup white wine

- ¼ cup half and half
- 2 teaspoons crushed red pepper
- Juice of ½ large lemon or 1 whole
- 2 tablespoons butter
- 2-3 tablespoons olive oil
- Chopped Italian parsley for garnish
- White Truffle oil

PREPARATION:

1. Bring a pot of water to a boil. Cook the pasta to al dente while you prepare the sauce.
2. In a large pan enough to accommodate the pasta, heat the olive oil and butter over medium heat and add the crushed red pepper. Follow with the garlic and cook for a minute making sure not to brown it.
3. Add the clams and juice (or fish stock if using) and turn the heat up to high. Follow with the wine and cook for 2-3 minutes until the wine has reduced a bit.
4. Add the lemon juice then the half and half. Simmer for 1-2

minutes. Add the shrimp cover the pan and cook for a minute or two just until the shrimp turn pink. Season with salt, to taste. Add the pasta; toss until combined with the sauce. It may seem like you have a lot of sauce but the pasta will quickly absorb it.

5. Arrange the pasta on a plate and drizzle with truffle oil. Garnish with parsley and serve.

Jamaican Oxtail with Broad Beans

Submitted by
Chef Marie Oliphant: A
Jamaican National



INGREDIENTS:

- 1 Pound beef oxtail, cut into pieces
- 1 large onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons of soy sauce or gravy master
- 1 spring fresh thyme, chopped
- ½ green peppers
- ½ red peppers
- 1 tomato dice
- 1 teaspoon all purpose season up (Jamaican)
- 1 teaspoon Mrs. Dash
- 1 teaspoon black pepper
- 1 tablespoons olive oil
- 1 ½ cups water
- 1 cup canned fava beans or butter beans, drained
- 1 teaspoon whole all spice berry

PREPARATION:

Toss the oxtail with the onion, soy sauce, thyme, pepper and season up (Jamaican). Heat the olive oil in a large skillet over medium-high heat. Brown the oxtail in the skillet until browned all over, about 10 minutes then pour in 1 ½ cup water, add remaining tomatoes, all spice berries, green and red

continued: peppers. Add water as needed until completed cook. Add the fava or butter beans, and bring to simmer over medium high heat. Cook and stir a few minutes until the sauce had thickened, and the beans are tendered.

Prep Time: 30 Minutes

Cook Time: 45 Minutes

Ready in: 1 Hour 15 Minutes

Salmon Burgers

Submitted by

Chef Gina Briggs



INGREDIENTS:

- 1 can of 14 oz salmon of your choice (drained and flaked, remove skin and bones if desired)
- 1 large egg (slightly beaten)

- 1/2 cup chopped onions
- 1/2 cup diced green or red peppers(you may combine)
- 1/2 cup fresh whole wheat bread crumbs
- 1 teaspoon lemon juice
- 1 teaspoon grated lemon peel
- 1/2 teaspoon dry rosemary crushed
- 1/8 teaspoon ground black pepper
- 4 hamburger buns

PREPARATION:

Combine salmon and eggs first, then add all other ingredients as listed. Refrigerate mixture at least for 1/2 hour to set.

Form mixture in to 4 patties and pan fry in olive oil until slightly brown on both sides

Serve on hamburger bun and top with your favorite condiments (tomato, onion, lettuce, mayo, ketchup, mustard etc.)

May also substitute whole wheat burger buns or flat bread for lower carbs and use egg white for lower cholesterol

Toasted Almond

Submitted by

Chef Miyesha Cheeks



INGREDIENTS:

- 1 1/2 oz amaretto
- 1/2 oz Frangelico
- 1/2 oz crème de cacao
- 2 oz cream
- 1 scoop vanilla ice cream
- Honey and crushed toasted almonds for rimming

PREPARATION:

Rim your glass by dipping into a 50/50 mix of honey and water and then dip into crushed almonds

Blend all other ingredients

with 1/2 cup crushed ice until smooth.

Pour the mixture into your prepared glass

It looks refreshing served from a glass pitcher



Sudden Cardiac Arrest: Quick Action Is Key to Survival

Cardiac arrest can kill a person in under 8 minutes, but CPR and user-friendly defibrillators can save lives.

By Kevin R. Campbell, MD, FACC, Special to Everyday Health help heart attack using CPR

THURSDAY August 1, 2013 — Sudden cardiac arrest is a worldwide problem of epidemic proportions, and many sudden cardiac deaths are preventable with prompt initiation of CPR and quick defibrillation with an AED (automated external defibrillator).

In a cardiac arrest, the heart beats abnormally and is unable to pump blood to the brain and other tissues. Without adequate blood flow and heart function, a patient will die in less than 8 minutes. Sudden cardiac arrest, often resulting in death, affects nearly 450,000 Americans each

year. The vast majority of these arrests occur outside of hospitals, and the most common cause of the arrest is a dangerous, life-threatening heart rhythm called ventricular fibrillation, or VF.

The best treatment for ventricular fibrillation is a shock to the heart, known as defibrillation, to reset the heart rhythm. The survival rate in cardiac arrest is directly associated with prompt CPR (cardio-pulmonary resuscitation) and defibrillation with an AED. Every person trained in basic CPR is also trained in the use of an AED.

The big challenge in saving lives from cardiac arrest, however, is availability of people trained in CPR and proximity of AEDs for defibrillation.

Lack of Preparation Risks Lives: In a new survey published

today in the British Medical Journal (BMJ), doctors Aseem Malhotra and Roby Rakhit, two cardiologists from the Royal Free Hospital in London, examined the out-of-hospital cardiac arrest rates in the UK.

The authors estimate that there are nearly 60,000 cardiac arrests in the UK each year, with a survival rate of 2 percent to 12 percent. Surprisingly, in the survey, only 1 in 13 participants admitted to actually feeling comfortable performing CPR and using AEDs. The authors of the study rightly conclude that education and proliferation of AEDs throughout the UK is essential to saving lives and improving survival in cardiac arrests. In the United States, our survival rates are similar to those of the UK for out-of-hospital cardiac arrests, but in some locations around the country, survival rates are significantly higher.

For instance, in cities such as Las Vegas and Seattle, where there is a very well-developed system for AED deployment and well-orchestrated first responder systems, survival rates are significantly higher — up to 56 percent.

In more remote areas and in smaller towns, AEDs are virtually non-existent. Moreover, there are fewer programs for training lay people to perform CPR.

What We Can Do to Prevent Sudden Cardiac Death

The bottom line is that AEDs save lives. Robust clinical data supports the deployment of AEDs in all public spaces including schools, sporting events, concert venues, airports, churches and other areas where lots of people gather.

In addition, we must continue to work closely with the American Heart Association (AHA) and the Heart Rhythm Society (HRS) in order to improve awareness and educate others about the importance of learning CPR.