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St. George's College Old Boys' Association, ON, Canada

www.stgctoronto.com Newsletter Issue # 66, Spring 2014

Ontario Chapter elects new Board of Directors: 2014-2016



L-R: Peter Rickards (Religious Director), Pat Garel (Regional VP Central), Joel Freckleton (Communications), Tyrone Hollbrooke (Regional VP East/West), Nicholas McGaw (Sports), Andre Gregory (Secretary), Dwayne Redwood (Treasurer), Mahesh Maraj (Youth), Howard Shearer (Director-at-large) Milton Hart (Director-at-large).

SEATED, L-R: Benito Palomino (VP President-elect), **Gary Thompson (President)**, Fred Kennedy (Immediate Past President).

ABSENT: Ray Chang (Director-at-large), John Flynn (Social Director), Fr. Michael Davidson S.J., (Religious Director), Richard Saunders (Director-at-large), Omari Spence (Membership).

Message from the President, Gary Thompson:

Fellow members of the St George's family, it is with great humility and willingness to serve that I have accepted the privilege of being President of this organization for the next two years. My predecessors have worked extremely hard, made great gains and ultimately provided much needed support to our alumni and to each other. It is my intention to honor and build on this great work, respecting the traditions and culture of our organization.

As an organization we need to be sensitive to the changing landscape. Our membership profile continues to evolve and if we are to be true to the intent of our formative members we must embrace the evolution and yet ensure that none of our members are left behind. It is indeed a privilege to be part of the current board. They represent most if not all of our membership profile and as such are well placed to respond to the needs of our membership not just with current events but with new and innovative engagements that we hope will encourage members continued involvement in the association and support of our beloved St. Georges College.

Our Family Mass and Brunch was a special event this year as we heard from our beloved Fr Jim Hosie S.J. and our own Reverend Peter Rickards. Both messages spoke to the heart of all present and certainly ensured the success that emerged. This year, through the initiative of our Younger Board Members we have revitalized STGC FC. So far we have won all games convincingly and are poised for much future success.

Our Summer Ball is quickly approaching and we look forward to taking our recent successes and energies forward to also making this, "A Ball to remember".

Let me close by reminding you that our success is your success, our energy is your energy, our accomplishments are those of the entire organization. Looking forward to working with you all to making this time one that, through energies spurned by charity and faith, will be one for the "Greater Honor and Glory of God".



Danny Ho Lung, President (2006-2008) of STGC OBA ON, retires from Board after fourteen years of service. Seen here receiving appreciation plaque from Robbie Vernon at AGM, March 30, 2014.

AGM Report 2014

Directors

Thank you to the Directors and their families for their service and dedication during the two year tenure, 2012-2014.

The composition of the Board for this term reflected a dynamic mix of younger and more experienced members, with the addition of portfolios of Spiritual and Youth Directors. The STGC Ontario Board is positioned well for sustainable growth and continued service to the Georgian community.

Meetings

Six Board meetings were held for 2013-2014: April 28, 2013, June 09, 2013, July 07, 2013, August 25, 2013, November 10, 2013, March 23, 2014.

Annual Mass/Brunch

Rev. Fr. McIsaac S.J., Chairman of STGC Board of Governors, was special guest at function held at Thornhill Community Centre on May 26, 2013. **Richard Saunders** donated a full set of basketball uniforms donated by Keshawn Basketball Club, CIABounce and **Ray Chang**, Treasurer, presented Fr. McIsaac with a cheque for CAD \$20,000 on behalf of the Association from proceeds of the Summer Ball, 2012 which posted record returns of \$36, 346.61. Thanks to **John and Annette Flynn** for providing remarkable buffet and refreshments.

Robbie Vernon Award

2013 Awardee was **Danny Ho Lung** "for his significant contribution and dedicated service to the Ontario Chapter." Danny has served as a director of the Board since 2000, as Branch President, 2006-2008 and as Chair of the Ball Committee since 2007.

Annual Ontario Bursary

2013 recipient was Suzanne Maria Cooke, daughter of Francis and Marie Cooke. The \$1500 grant will help Suzanne pursue career in nursing.

Friday Lunches

Informal get-togethers at West Indian restaurants continued through the year, organized primarily by **Robbie Vernon** and **Patrick (Skedron) Smith**. We invited and welcomed visiting Georgians to Toronto, for example, **Michael King, Tony Wong** to these gatherings.

Christmas Socials

Howard Shearer opened his home, December 2013 to welcome the directors and their wives for our annual yuletide celebration.

Newsletters

Two editions of *Good & True* were published, Spring/Summer and Fall/Winter 2013.

These are also posted online on our website, www.stgctoronto.com. Board is still undecided about whether we will be able to afford printing of 650 hardcopies twice yearly. Thanks to **Robbie Vernon** not only for his ongoing editorial advice, but generally for his unwavering support for and dedication to STGC OBA (Ontario).

Carl Chang Annual Scholarship

Scott Allen was the recipient of 2013 Carl Chang Sixth Form Scholarship in the amount of JMD \$50,000. Scott was one of the top graduates of the STGC class of 2013 earning Grade One distinctions in nine (9) CSEC subjects.

STGC 2013 Golf Tourney

\$1000 was raised by golf tournament held at the Mill Run Golf Club in Uxbridge, last week of July, before the Annual Ball. Spearheaded by Ray Chang and organized by Dr. Louis Lee, the event attracted 42 golfers, old boys visiting from Florida and Kingston. First held since 2008.

Annual Ball

The STGC Gala was held at the grand, newly renovated Mississauga Convention Centre, Friday, August 02, 2013. The Dragonaires provided entertainment, and for the first year, we had a Patron of the event, **Mr. Seth George Ramocan**, Consul General of Jamaica to Toronto. Members of the steering committee were: **Fred Kennedy** (Chair), **Ray and Donette Chang, John Chin Loy, John Flynn, Joel Freckleton, Danny Ho Lung, Dwayne Redwood, Dee Richards, Gary Thompson, Robbie Vernon**. The Ball attracted 650 patrons and yielded net proceeds of \$20,409.19

Annual Picnic with ICHS/Alpha

This was held at its usual venue, Milne Conservation Park in Markham, September 08, 2013. Thanks to our co-hosts and presidents, **Annette Wong** (ICHS) and **Gillian Amos** (Alpha) and **John Flynn**, Social Director, and his wife, **Annette Flynn** for organizing along with **Richard Saunders, Gary Thompson, Milton Hart and Benito Palomino**.

IT Support

Andrew Young, on contract with the Association, is the main webmaster who manages www.stgctoronto.com and all the technical support which goes into

maintaining Paypal, email accounts etc. **John Chin Loy** also provides phenomenal, volunteer services by working closely with Andrew and by building and maintaining www.stgcfundraiser.ca and managing both our twitter and Facebook accounts. Thanks to **Michael (Buski) Charley** for his ongoing technical support and advice.

Youth Social

Through the amazing efforts of **Andre Gregory** and **Fr. Michael Davidson S.J.**, the Association continues to reach out to dozens of younger Georgians in the Toronto area. **Peter Rickards** arranged for us to host at Cravins Caribbean Grill, **Michael H. Tulloch**, first Black judge appointed to the Ontario Court of Appeal. Remarkable turnout.

Religious Directors

We are grateful for the spiritual guidance of our two directors, **Deacon Peter Rickards** and **Fr. Michael Davidson S.J.** Peter has done an outstanding job reaching out to Georgians in time of need, by sending well wishes and condolences to families. Fr. Michael has played a key role in liaising with our younger Georgians.

Vice-presidents

Regional vice-presidents, **Pat Garel, Richard Saunders** and **Tyrone Holbrooke** continue to play a key role in staying in contact with the membership, informing them of upcoming events.

Directors-at-large

Support and advice from **Danny Ho Lung** and **Howard Shearer** proved to be invaluable. Their experience and dedication provided important guidance and help to the Board executive. An amazing addition to the directorship is **Dwayne Redwood** who was asked to fill in for **Raymond Lodenquai** who left after the first year of his two year term. Dwayne has proven to be a conscientious and devoted member of the Board and brings to the table business and accounting expertise.

Membership

Omari Spence has done an excellent job in maintaining our database. We continue to update the lists, keeping them as current as possible. This has reduced the number of erroneous emails and mailing addresses almost to nil. Our database is comprised of over 600 entries, our valid emails over 300 and our paid membership for 2013, approximately 50 persons.

Finances/Jamaica Liaison

Thanks to **Ray Chang** for staying closely in touch with STGC as Liaison Director. The school budget for 2014-2015 is JMD\$60,000,000. Ray is also a director of the Board of the Endowment Fund which continues to grow, last year's balance exceeding JMD \$100m. The goal is to reach JMD\$250m.

Thanks to **Benito Palomino** for doing a great job managing the Paypal account. Please see financial statements attached.

Paddy Chung's Memorial Fund

At **Michael Charley's (Buski)** request and that of Paddy's family, the Association put out an appeal for funds to be donated to the school in Paddy Chung's memory. Amounts collected so far total \$1273.02. Buski will be sending information re donors to the family and the Association will notify the school of money raised.

Conclusion.

It has been my pleasure to serve our *alma mater*. Based on our Strategic Plan, developed under **Milton Hart's** presidency, we had set and agreed on five goals for the Association, 2012-2014. We made significant progress towards meeting these:

- 1) Increase funds raised
- 2) Grow the Chapter's contribution to the Endowment Fund
- 3) Manage and grow the database
- 4) Attract younger Georgians
- 5) Increase membership participation

The Board is in a period of transition. The nominees for the newly elected Board, headed by **Gary Thompson**, are more than equipped to continue the Association's traditions of excellence and to find new, innovative ways in which to grow and change.

Respectfully submitted, on behalf of the Directors, to the Annual General Meeting of the St. George's College Old Boys' Association (Ontario),

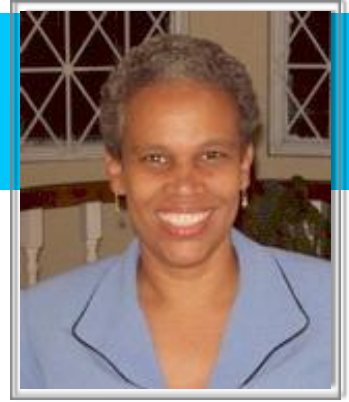
Sunday, March 30, 2014.

Fred Kennedy, President (2012-2014)

AMDG



Principal's Message



Greetings, Old Boys and Friends of St. George's College:

It is hard to believe, but we are already in the final term of the 2013-2014 academic year! We give glory to God for all His blessings this year.

Our fifth and sixth formers have started their CXC examinations. Please remember them in your prayers as we try to improve on the sixteen (16) national top ten passes of last year.

So much has happened since my last article. Most recently, our fifth form students participated in a valedictory service on Sunday, April 27, 2014, and our sixth formers marked the ending of their time at the College on Friday, May 2, 2014 with a beautiful school leaving ceremony where they were addressed by guest speaker Dr. Fred Kennedy.

St. George's Day this year was spectacular! Our Church service at the Cathedral of the Most Holy Trinity was followed by a road march along George Headly Drive, Gem Road, South Camp Road and North Street, with a stop at Kingston College for the greeting of the Head Boys. The march was led by the Eagles Marching Band of Central Kingston, followed

by a cheerleading team of teachers and students, an interesting mounted trio, two "STGC knights" and the school community. Our new Head Boys and two Deputies for the 2014-2015 academic year were announced; Calvin Wright, Michael Robertson and Scott Allen respectively. Another highpoint of the day was a "Slay the Dragon" game where students "slay" Campus Minister and chief confiscator of cell phones Mr. A. Christie, and disciplinarian Vice Principal Mr. D. Soares, using water balloons. Of course the students thoroughly enjoyed that activity! Thanks to our dragons who were very good sports!

As we continue on our school improvement drive, the local Old Boys' Association, working along with the Student Council and the Home School Association, will be undertaking the renovation of the upper school bathroom on Labour Day on May 23, 2014. Plans continue to renovate our science labs. Other major projects being considered are the updating of the front entrance and the construction of a dining gazebo. We are also in the process of developing a technology plan to enable 21st century teaching and learning. Please consider supporting us in any way that you feel called.

We congratulate the STGC Cadets who won the inspection competition for their battalion. We await the all-island results. Congratulations also to U13 table tennis champion Selcon Zhang of second form, our Rugby Team for retaining their title with this year's victory in the Catholic Cup Rugby Competition, and our track team for their tenth place finish in the ISSA Boys' and Girls' Athletic Championships.

A big "thank you" to all team managers and coaches for your hard work which has reaped good rewards. Thank you also to all of you who have supported us this year and over the years. We rely on your generosity to continue to achieve excellence. May God bless you all.

Margaret Campbell
Principal- St. George's College

STGC Principal leading the charge!



Rev. Peter McIsaac S.J and Deacon Trevor Graham



Head Boy, Calvin Wright



STGC Cheerleaders



In the news...



President, Gary Thompson, Heather Vernon, Danny and Jo-Jo Ho Lung, whooping it up at the ICHS Ball, April 26, 2014.



The Hon Bruce Golding, Former Prime Minister of Jamaica, 'Old Boy' of STGC (5th Form) and JC (6th Form) was guest at the Jamaica College Old Boys' Association of Ontario (JCOBAC) 26th Reunion, March 01, 2014, Brampton. He is seen here with **Heather and Robbie Vernon, Jo-Jo and Danny Ho Lung** who came out in support of the function.



Fr. James Hosie S.J. was our guest and celebrant at the annual Mass/Brunch, held at the Thornhill Community Centre, April 25, 2014. Robbie Vernon graciously hosted Fr. Hosie at his home during his stay in Toronto.

On left, at Robbie's home, **Robbie Vernon, Fred Kennedy, Michael (Buski) Charley, Don Barnett, Fr. Jim, Peter Rickards, Gary Thompson, Patrick (Skedron) Smith**.

On right, at Ray Chang's home, **Ray Chang, Fr. Hosie, Robbie Vernon**.



On December, 07, 2013, **Howard Shearer**, chef, *par excellence*, graciously hosted our annual Christmas party at his home. L-R: Milton Hart, Robbie and Heather Vernon, John Flynn, Georgie Kennedy, Annette Flynn, Maxine Palomino, Fred Kennedy Howard Shearer, Benito Palomino.



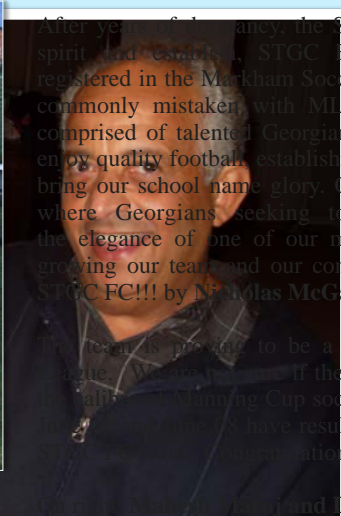
Congratulations to **Patrick Garel and Amanda Richards** who were married, April 23, 2014, at gorgeous Sir Noel Coward's Firefly Estate, St. Mary, Jamaica, with both sets of parents, relatives and friends present. Patrick is son of **Janice and Patrick Garel**.

Dean Clarke Photography

In the news...



After years of dormancy, the STGC OBA decided to rekindle the football spirit and establish STGC FC. Summer 2014 has found STGC FC registered in the Markham Soccer League, which boasts the acronym MSL, commonly mistaken with MLS (Major League Soccer). Our team is comprised of talented Georgians, young and old, and non-Georgians who enjoy quality football, establishing a mesh of players whom we are sure will bring our school name glory. Our goal is simple: to create a unified team where Georgians seeking to further establish camaraderie through the elegance of one of our most cherished sports. We look forward to growing our team and our commitment to our alma mater. STGC STGC STGC FC!!! by Nicholas McGaw (Sports Director), Captain of the team.



Omari Spence and Andre Gregory, members of newly formed STGC soccer team.

Our team is expected to be a formidable force for the Markham Soccer League. We are confident if they are quite accustomed to having players of international caliber competing for the Ontario Cup soccer out on their fields. The first two games, which were held on June 08 and 09, have resulted in 7-3 and 9-1 decisive victories for the team. Congratulations, guys!

Omari Spence and Dwayne Redwood before game on June 08.

Younger son of **Maxine and Benito Polomino**, **Nicholas Polomino**, a former St. George's College student, is one of the top ranked sprinters (provincially and nationally) in Canada and a member of the Flying Angels Track & Field Club. He regularly leads training and practices for the young athletes on his team.

He competes in high-level track meets throughout North America and the Caribbean. A medalist in the Canadian Youth Championships, he is a member of the Provincial record-breaking relay team at Flying Angels Track & Field Academy.

Nicholas has won medals at numerous track meets throughout North America in the following events: 60m, 100m, 200m, 400m and relays.

He attends the Dr. G W Williams Secondary School and represents his school in track and field events, where he has been recognized and achieved awards for his athletic achievements. A recipient of an AEBS award for athletics, he has also represented Athletics Ontario and Athletics Canada.

His track career started at a young age in Jamaica where he represented his school (Sts. Peter & Paul) at Prep Champs, medaling with the relay team.

He is grateful for the training he has received from all his coaches. In particular, he credits his track development to his coaches at Sts. Peter and Paul: Coach Bert Cameron, Coach Hewitt and Coach Stubbs and to the coaches at Flying Angels.

Congratulations, Nicholas!



In the news...



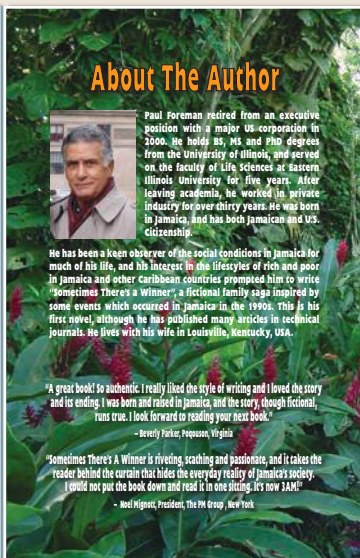
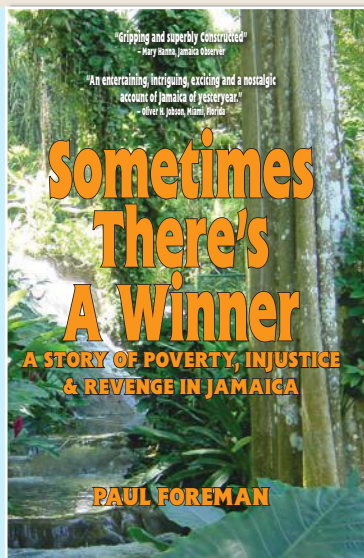
L-R: Hon. Mrs. Ruth Onley, His Excellency, Robert Ready, Canadian High Commissioner to Jamaica, Lt. Governor of Ontario, Hon. David Onley, Donette Chin-Loy Chang and Patron, Hon. G. Raymond Chang.

UWI Benefit Gala 2014, celebrating five years of excellence, was held, Saturday, March 29, 2014 at the elegant Ritz-Carlton, Toronto. Master of Ceremonies was popular media personality in the Caribbean, Michael Anthony Cuffe Sr. *Under the theme of Light, Learning, Liberty, the event supports a scholarship fund for outstanding academic achievers in the Caribbean, who lack the funds necessary to realize their fullest potential. It also recognizes greatness and tireless work through honourees... who continue to shine a light of hope for the next generation.* This year, The Vice Chancellor's Award was given to the Right Reverend Peter DeCourcy Fenty, Dr. Anna Jarvis, Mrs. Delores Lawrence, Mr. Roger Mooking and Mr. David Taylor; Luminar Awards to the Hon. Dr. Hedy Fry, Dr. the Hon. Jimmy Cliff, OM and Tessanne Chin. The Chancellor's Award was given to The Hospital for Sick Children, Toronto. The Patron of the event was none other than our own **Ray Chang**.

On April 10, Georgians and their spouses gathered to celebrate Uncle P's 81st Birthday with him and his family at his favourite haunt, Island Mix in Pickering.



L-R: Granddaughters, Danielle and Sydney, daughters, April and Trudy, and grandson, Scott with Uncle P.



A story of poverty, injustice and revenge in Jamaica, **SOMETIMES THERE'S A WINNER** tells the story of a poor black gardener, Byron Reid, and his sister Nadia, who work for a wealthy white Lebanese-Jamaican family in Kingston. Byron Reid surpasses his work ambitions and achieves success in a variety of jobs with Abraham Faroud, and is driven to bankruptcy by his employer's son Fabian who exploits his sister's innocence and vulnerability when she worked as a servant in the Faroud home. Byron uses incriminating information about his employer which he has secretly collected as the basis for demands for himself and his sister. **SOMETIMES THERE'S A WINNER** tells of the plight and frustrations of the poor in class-conscious Jamaica.

Sometimes there's a Winner by one of our STGC old boys, **Paul Foreman**.

Book available through Amazon at <http://www.amazon.com/Sometimes-Theres-Winner-Poverty-Injustice/dp/1467978795>

Ontario Chapter hosts younger Georgians

Andre Gregory brought out a crowd of 22 for a **Georgian Youth Social** at Cravins Restaurant in Thornhill, December 06, 2013. It's the biggest showing we've had so far.

Peter Rickards arranged for his good friend, Michael Tulloch, to speak at the event. Michael, the first Black judge appointed to the Ontario Court of appeal, gave an awe-inspiring talk to the young Georgians. He is a remarkable man. He spoke of what it was like to grow up as a minority in Toronto in the 70s and 80s –the odds he overcame and the successes he reaped as a result of hard work and strength of conviction.

A wonderfully sumptuous Caribbean buffet followed.

In addition to Andre, Peter and his wife, **Diana**, we should also like to thank **Gary** (who booked the venue and arranged dinner), **Robbie**, **Benito** and **Dwayne** who joined us for the evening.

It was an amazing experience. The younger Georgians enjoyed so much the opportunity to get together. *It bodes well for the future of our Association in Ontario.*

Thanks again to **Andre Gregory** for the amazing job that he did as Youth Director for the term, 2012-2014.

Justice Michael H. Tulloch



from Kingston Chapter



March 18th marked another time of recommitment for the OBA with the election of a new executive. I am therefore proud to serve in the capacity of President for this the third year and final year. Re-elected were Messrs. Lyndon Latore - Vice President, Vince Henry - Secretary and Clive Mohalland - Assistant Secretary while Anthony "Count" Franklin was elected Treasurer with Roger Thompson assisting him as Assistant Treasurer. There were ten (10) old boys who volunteered to serve as directors for the 2014 administrative year.

We started our year as has been our custom with the Communion Breakfast - the celebration of Mass at the Cathedral and the "breaking of bread" in the Abe Issa Auditorium on March 30th. Over 250 old boys (representing classes as far back as 1954) and their families were present to give thanks and pray God's continued guidance for our *alma mater*. We were back again to celebrate in thanksgiving with the School St. Georges Day on April 29th at Holy Trinity cathedral and participated in the number of campus activities planned for that day.

Our major projects for 2014 will focus on the completion of the expansion of the Chemistry Lab during the summer break, the renovating of the upper school bathrooms and fulfilling the oath we took at the launch of the National Mentorship Programme at King's House, to be mentors for the School. We have engaged the University Group of old boys and the School's Guidance

Counselor to devise and implement the best suited programme for St. George's.

As we work with the School administration in managing the financial challenges that affect us all, we are engaged in restructuring the Sports Council in order to make it more responsive to the School's sports objectives. To this end, we have invited the Ontario Chapter as well as the Florida Chapter to select and nominate a representative and alternate to serve on the new Council so that the School Administration can benefit from our collective skills and talents as administrators, businessmen and entrepreneurs. With respect to fundraisers and general awareness, the OBA will be hosting the 50th staging of the Roper Cup on August 30th and the 17th staging of the STGC Golf Challenge Tournament on November 15th at Caymans Golf Club. We will participate on the School's Hall of Fame Committee in selecting this year's inductees and staging of the award ceremony and banquet on October 4th.

All in all, we are looking forward to a productive and rewarding year with the prayers and help of all old boys committed to St. Georges College, *Ad Majorem Dei Gloriam*. **Wayne Wray, President, May 15, 2014.**



from Florida Chapter



Rudy Kameka, President



Horace McHugh, Treasurer



Jermaine McCarthy, Secretary,
Vice-president.

Members of The Florida Chapter participated in the Jamaican Alumni Associations' third annual walk-a-thon on December 7, 2013. The event was organized by The Coalition of Jamaican Alumni Associations of Florida and the grand marshal was the Consul General to Miami, the Honorable Franz Hall. From the funds raised we contributed \$1,500 to the St. George's track and field team that participated in the recently completed 2014 Penn Relays.

The 2014 True Blue/Dennis Ziadie Weekend held over the weekend of March 21-23, 2014 was a success as over 1,500 patrons turned out for the three days of events. STGC were winners of the 2014 Dennis Ziadie Cup by virtue of a 2:1 goal aggregate. We have now been successful in 8 of the 10 contested championships. Funds from the events will go towards the recently established Dennis Ziadie Scholarship Fund which will be used to award the Dennis Ziadie Scholarship.

In addition to the Dennis Ziadie Scholarship, we have established the Florida Chapter Founding Members Scholarship and the Tertiary Scholarship.

We are currently making plans for the **2014 Dinner/Dance** scheduled for **September 20, 2014** at Signature Grand in Davie Florida.

Walk good, God Bless and *Ad Majorem Dei Gloriam*.

Rudy Kameka, Class of 1978.

President

St. Georges College Old Boys Association of Florida, Inc.

STGC FC Ontario Soccer Team



L-R Standing: Jeremy Wills, **Omari Spence**, **Joel Freckleton**, Bradley Chin, Brendon Cowans, **Jugsy Greenland**, Andrew Montgomery, **Nyika Coke**, **Jevaughn Reynolds**.

L-R Seated: Kyle Ali, **Jason Osborne**, **Mahesh Maragh**, David Nation, **Dwayne Redwood**, **Nicholas McGaw (Captain)**, **Andre Gregory**, **Joshua Campbell**, **Trevin Chin-Pen**.

FAMILY MASS &



Robbie Vernon, Tyrone Hollbrooke, Benito Palomino



Congratulations to **Tyrone Hollbrooke** who received the 2014 Robbie Vernon Award for outstanding service and dedication to the Ontario Chapter.



Cammille, Annette and John Flynn



Paul Bunting with Fr. Hosie



Berna McIntosh, Sr. Theresa Lowe-Chin, Dr. Stanley Lowe-Chin, Donald Barnett, Ray Jackson

Wayne Williams, Amanda Kennedy, Jean Williams, Fred Kennedy, Ken Sealey, Julia Vaz-Jones, Murray Near, Sarah Kennedy, Clara Kennedy Williams, Georgie Kennedy



Trevor Summers, Michael (Buski) Charley, Pam Summers, Fr. Hosie



Thank you to all Georgians and their families (record # of over 180) who came out to join in fellowship, liturgy and buffet lunch. Thanks to all the directors for making this happen, and especially to John Flynn, Executive Chef and his family for catering. Wonderful to have Fr. Jim Hosie SJ join us from Boston after so many years. To top it all off, Deacon Peter Rickards, Religious Director and First President of the Association, as guest speaker, provided us with inspirational reflections on spirituality and the meaning of the diaconate.

BRUNCH 2014



Gary Thompson, President, daughter, Malaika Thompson, and Dr. Lloyd Pinnock

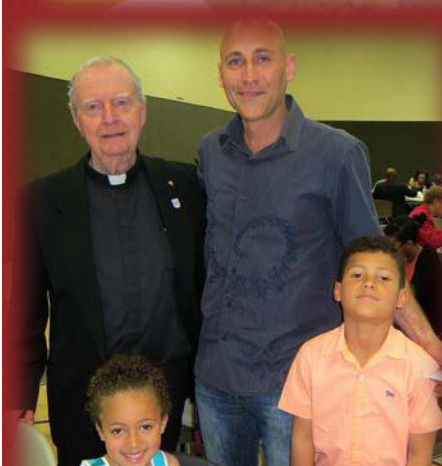


Farisa, Catherine, Gary, Malaika Thompson

Congratulations to **Malaika Thompson** who was awarded the 2014 STGC Ontario Chapter Scholarship.



Keynote Speaker, Deacon Peter Rickards



Fr. Hosie, Dominique, Meadow and Liam Nash



Standing: Nadine and Brian Mitchell ; Seated (L-R): Devon Dixon, Shaun and Laura Wilson and daughter, Tyrah



Thanks to Barbara Gregory, Andre's Mom for her assistance

HPK -the great healer

an interview by Fred Kennedy



"To be a doctor is to be the beneficiary of a sacred trust. Your patient entrusts you with his or her most valuable possession -life itself." HPK



HPK with partners Dr. David Frost and Dr. Bogdan Laluck, demonstrating Heart Murmurs to high school students on a Simulation Mannequin at Toronto Western Hospital.

"He actually touched my hand and made physical contact. No other doctor had done that. I could tell he was a kind soul." Larissa T (p. 151)

"You'll be fine," the doctor said.

"I don't have the right words for it, but he has the capacity to look at me and see disease and disorder and weigh it up and yet say you will be okay." Sarah G. (p. 162)

"I don't like the word genius but I think HPK is one, indubitably." Sarah G. (p. 162)

"I now tease him and call him the Great Healer." Anthony D. (p. 201)

These are just a few of the testimonies by Dr. Herbert Ho Ping Kong's patients in his newly released book, *The Art of Medicine*. I first heard of the work by way of Ray Chang, who is a long time personal friend and associate of HPK, as he is affectionately called at Toronto Western Hospital. After reading profiles of the legendary doctor from the *Globe and Mail*, November 20, 2009, and reviews in the *Jamaican Daily Gleaner*, May 07, 2014, it became abundantly clear that I needed

to read this book and to profile this great Georgian in our newsletter.

"He will be with you in a moment," said Lorelei, his administrative assistant.

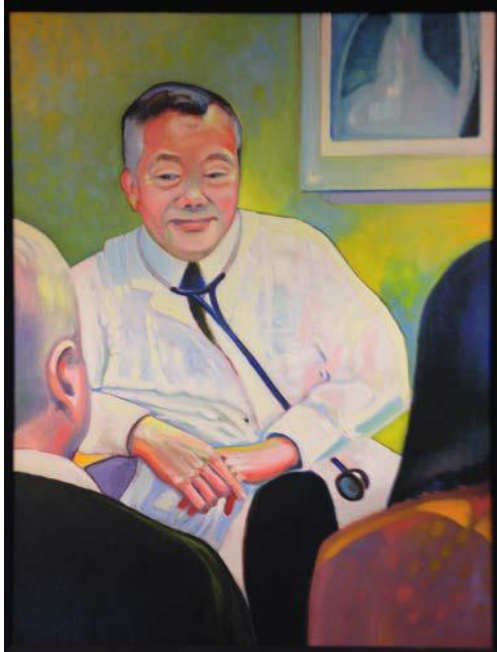
"No, you needn't disturb him. I have an interview with him, next week. I have just come to collect his book," I said.

"No he insists, he wants to see you."

And so the doctor took unscheduled time out of his day to meet with me, which I discovered later is one of his redeeming qualities, his personal engagement or empathy, so rare to be found in the fast paced, professional world of medicine.

The Art of Medicine is a wonderfully, inspiring read, an autobiographical journey, told with candidness and honesty, revealing the brilliance of a man dedicated to the improvement of medicine, of striving tirelessly to hone the skills of diagnosis and healing.

We learn of the man, HPK, not only through his own narrative which takes us back to the days of Jamaica and his *alma mater*, St. George's College, but also through testimonies of his patients and fellow physicians. The approach reveals a fundamental trait



of the man, humility, a willingness to learn from his own shortcomings and mistakes, and a recognition that he becomes stronger and wiser by valuing the knowledge and contributions of others.

In the week following when we again met at Toronto Western Hospital, one would have thought the interview was about me, not him. *What year did you graduate from*

STGC? Where did you go to University? When did you come to Canada? How many in your family? HPK is hungry for knowledge, wanting to absorb at all times as much information as possible, curious about others with an empathy and kindness that are extraordinary.

The interview evolved more as a conversation than as a set of questions and answers, and went much longer than anticipated, but I have here edited the transcript to capture his responses on a number of topics.

How did your family cope with the social unrest in Jamaica in the 1960s?

We coped well, but my father never worked after that, his shop was burned down in the riots. We sort of got over it, though, at least partially.

Did you have any regrets about leaving Jamaica?

No, not really. I functioned well as a civil servant, but the time came when I realized there was more. More sadness than regrets, I shed my tears after that. It was the right time, though. The UWI incident was the last straw, when groups of protestors entered the lecture hall. I couldn't do what I wanted to do, even if I had stayed.

How do you keep up with the huge knowledge base required of a general internist?

But it's always been like that, 1950s and 1960s. Many great physicians modeled their practice after William Osler. He worked in teams, and emphasized the human touch to medicine, a model that the really good medical schools like Oxford used; it was not about lectures, it was about being a physician at the bedside. These early doctors, I came in contact with at UWI, London, Edinburgh and McGill, had a tremendous amount of knowledge; scholarship was always engrained in internal medicine.

What personal qualities contributed to your success in medicine?

I have a good memory, I also had a pretty good view of what I wanted to do, I was able to do things differently, I wasn't afraid

of different things. I always finished what I started. If I wanted to do something, I always finished it. If I thought I couldn't finish it, I wouldn't start. I don't get off the beaten track easily, you need to constantly test knowledge as you go along.

I am sort of humble, but I think humble in a good sense. If you humble yourself too much, you grovel. I am not a groveler, but I am humble. I appreciate what it is to be really good, and I can speak for myself. I can speak about myself eloquently, but it is not boastful or conceited as long as it is true. I have been blessed, I have worked hard for it too. I have a good background, a 50 year history of doing something really well. I get good satisfaction from that, that it was well done, and has stood up to the test of time.

What does STGC mean to you?

It means a lot. Before, I went to school in a one room school house, I was well prepared with the help of a tutor. When I got to first form, I was well ahead. Fr. McMullan, the headmaster, he never smiled, but I was never afraid of him. He was tough, maybe too tough at times, but he gave praise on the side. St. George's gave me a highway, a pattern, this is the way you become successful, you work hard, you study hard, you do the school work, but you also do sports, you make the mind and body be at their best, and you think about others, and if you can be a leader, the chance is there.

"There's no greater joy than being your brothers' and sisters' keeper" HPK

I fondly remember Walter Campbell, a gentle giant, over six feet, high jumper. I taught school at St. George's for nine months after graduation. Don Wilson taught with me. I remember Dennis Ziadie, Jackie Bell. I coached the colts team to victory that year, and Jackie Bell was the Captain then. I was also a cricketer, played a number of sunlight games. In sixth form, I was Head Boy, House Captain of Bellarmine House, I came after Derrick Haddad, and before that was Keith Lowe. STGC was very important to the development of the full person, and I still have fond memories of it; it certainly gave me a pathway to success, in terms of creativity, leadership. I had great teachers.

Do you believe in miracles?

Yes, I do, but I think they are rare. I had this patient, probably 70-75, he had a number of chronic conditions, he was dying, we couldn't do too much for him, he had pneumonia. I had the family come in, everyone was tearful, saying, 'Doctor, what can we do?' I said, "You can pray for him." I just did this (clasped my hands in prayer) for about two minutes. Anyway, he must have seen this, he got up and went home the same night. He had had a stroke before, chronic lung disease. This was the closest I had come to what was unexpected. I'm not sure I would call it a miracle. But having a disease that cures itself, we know this happens. Sure, we don't control everything. Occasionally, people who have cancer, get better, without us doing anything.

How do you keep fit?

My wife and I always planned our vacations, and took time off, centered around the holidays that our children had. Twenty years ago, we took dance lessons, every Wednesday, for ten weeks

Contd. page 20...



Someone once said that God gave us memory so that we could have roses in December. Our memories permit us to paint pictures of things that did not really exist, events that were not really as glorious and friendships that have faded over the years. Distance after all gives enchantment to the view.

My memories are also rose coloured and St. George's College occupies many pages in my book of memories. After all, from 1955 through 1961 the school was pretty much the center of my universe.

Quiet reflection and removal of the view through rose coloured glasses will reveal the obvious. St. George's was not perfect. Then, nothing is.

St. George's College was founded by well-intentioned Jesuit Priests carrying out the first duty of the Church, namely, evangelization. That is the school I attended.

In my years at St. George's College the school had very little effect or impact upon the community in which it was located. Like all high schools at that time it was elitist. A boy from the ghetto had as much chance of attending St. George's as a woman had becoming pope. Times have changed. Not yet for the woman becoming pope however.

I do not know if the school day begins with assembly and praying the "Morning Offering" or whether Mass is celebrated at lunch time in the chapel. I am advised that only a small minority of students even identify as Roman Catholics.

Has the great evangelization failed? I think not. As pointed out in his first booklet "The Joy of the Gospel", Pope Francis while again stating the first duty of the Church is to proclaim the Gospel, the good news, we do this by our actions and only if really necessary should we use words.

St. George's College today is connected to the community in which it is located in a much more meaningful way than in the past. We need to support it as a living symbol of the Good News of Jesus because there are children in need of our support, children who yearn for an education and whether or not they learn the Catechism of the Catholic Church or attend Mass or even believe in God we have that duty to give in the same measure that we received.

Pax Christi



Past Presidents in attendance at AGM, March 30, 2014:

L-R: Don Barnett, Derek Potopsingh, Robbie Vernon, Danny Ho Lung, Neil Dalhouse,, Peter Rickards, Milton Hart, Fred Kennedy, Peter Hitchins.



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Report from the Sports Council

“looking forward to optimal results...”

Consider and raise awareness of the School's Sports Programme while administering the School's sporting facilities and resources for optimal results

With this mandate the Sports Council looks forward to a new year of optimal results.

This closing year has seen improvements in Basket Ball with victories in the U-16 divisions and whilst no victories, to date, Cricket U-16 and U-14 are fast establishing themselves as a team to beat. Currently, the U-14 has gained full points in their three opening matches in the Grace/ISSA Shield.

The best of the news, however, goes to the StGC Track and Field team. It took guts and determination to establish themselves as certainly the most improved team this year and with the same team who knows what will happen next year.

Our Manning Cup efforts were not as successful as in the past due to the loss of so many of our star players and their replacements were yet to be tried. Yet their efforts were fantastic and no one expected that the team would perform as well as they did. This must give our coach, Neville Bell, great hopes for the upcoming season. It should be noted that under the guidance of Neville, Winchester Park field now looks like an English premier club football field.

All these wonderful results could not have been made without the tremendous efforts and love from our coaches and managers, Clifford Brown, Peter Brooks, Neville Bell and Glendon Coke. Last, but not least, Conroy Julian for his efforts to train our young Tennis players and Dale Parham trying to get the talented players he has in the Table Tennis league. We congratulate them and offer our deepest gratitude for their care and love of these kids.

Not to be forgotten is the significant contribution made by the Old Boys far and near. We thank them and pray that they consider these marvelous efforts worthy of their continued assistance

We cannot end this message without the Council requesting that contributors have more faith and confidence in how these contributed funds are managed. With the reconstituted and reorganized Council we will be providing the skills and responsibilities of talented Old Boys now on board the Council to provide the confidence you need. Your contributions will be an investment in the future of your *alma mater's* Sports Programmes and they will be treated as such.

Thanking you all again

Tony Wong
St George's College Sports Council
St Georges College
Winchester Park
AMDG



Carty through the covers



First Prize Photo, "Lily" by James Mitchell



The Rise of the Dragon Slayers



Our Goal for the STGC Track team 2014-15 season is to win Champs. For the uninformed, Champs is a HUGE event which features Jamaican Schools on the world stage. It is noisy, exciting, very very competitive--you just have to there to understand the vibe that exudes from this event. During its one week period radio, TV, newspapers, word of mouth all focus on this event. The stadium is 'rammed' -there are horns blowing continuously, vendors

outside selling soup, boiled corn, drinks, food to an ocean of people, and not one incident of crime. A great event for St. George's College to be showcased but victory was ours on only 2 occasions in the past 100 years --1915 & 1925. Time is not on the side of many of us Old boys; hence, my focus on the 100th anniversary of our 1915 victory & not 2025.

Over the past year, the Track Unit has slain some ominous dragons...namely The Dragon of Fear, The Dragon of lack of Self Confidence and the Dragon of Financial Dependence and we have been able to rise on the athletic radar screen. We were elevated to the Top Ten at Champs from lowly 15th place -we achieved the 2nd fastest time ever by a St Georges College relay team at the Penn Relays and finished 4th by a hair-- Then we were 2nd in the 4 x100, beaten only by the Champs winner. Calabar, in the recent Jamaica Invitational Meet as we shared the world stage with Internationally recognized stars like USA's Justin Gatin, Shelly Ann Fraser -Price and a host of athletes from USA, UK, Europe, Africa and even as far as Saudi Arabia. In attendance were scouts, International media, heads of marketing companies for athletic gear. Our next port of call is The Adidas Diamond league Meet where our 4x100 team has been invited -all expenses paid in New York. Get out your calculators on this one. We achieved 46 points with a unit cost of approximately US\$1108 'per point'. We estimate the top 3 teams' Unit cost 'per point' to be approx. US\$1012. You do the math. I can credit the great Danny Chin in getting me to think along these lines. Danny will remember asking me 4 or 5 times 'Dennis who is going to spearhead this project.' 4-5 time times I did not answer him, but I remember the selfless Carl Chang-my hero, who did such a monumental job in the reconstruction and refurbishing of STGC—let us never forget that.

On the table for this year is a project to house 8 of our athletes near the school with bus fares, food, stipend to offset their school expenses



and a house mother. Preliminary estimates is Approximately US\$1000 per month total. Why? Some have to travel long distances to come to training, some are in volatile areas, some in troublesome family situations but even under these stressful conditions the behavior of our 5 representatives to the recent Penn Relays made ST. George's College extremely proud, their support team reports. My brother 'Buski' tells me that the STGC Toronto website has a very large worldwide audience. **I hope that this message will encourage you to reach for your checkbook and send a donation to "THE ST. GEORGE'S COLLEGE--TRACK TEAM"** Even if you can't do that at this time please drop me a short email so I know you are out there in the far corners supporting us. It will encourage our athletes to run faster.

They said it couldn't be done but we will do it....

Dennis Charley, Class of '59. AMDG 5-20-14

PS. Credit for the Dragon Slayer caption came from an email from Chris Berry, one of our donors to me-the principal on the white horse -seemed to just blend in with the theme.....so original was her debut.

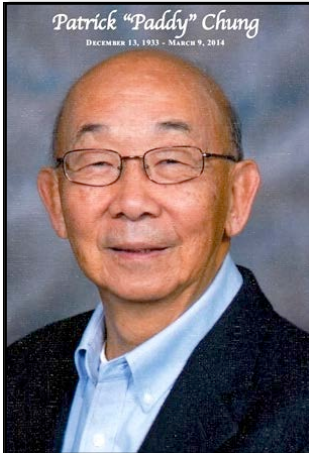


STGC 3rd -Our Athletes receiving medals at the Utech Classics. On right of pic, L-R: **Oraine Palmer, Amoy Brown, Akeemo Minott and Joshua Darby.**



"What is the 2015 target for The STGC Track Team, Class?"

RIP Patrick “Paddy” Chung



Dear President and the entire St. George's College Old Boys Association (Ontario Chapter):

It was a great shock to us, indeed to all, at the quick passing of my late father, Patrick “Paddy” Chung this past March. Daddy loved his family, his friends and life. We miss him dearly every moment of the day – his smile, generosity, kindness, friendship and love. The week after his passing, we anticipated that family and friends would want to pay tribute to this little-in-stature yet big-in-heart man. Through the quick work of another Old Boy, Daddy’s good friend **Michael “Buski” Charley**, with assistance from **Fred Kennedy** and **Daniel Ho Lung**, it was arranged that donations to the StGC Old Boys Association could be made in Daddy’s honour which would then be transferred to StGC. Within days, the Florida and Ontario chapters had posted the PayPal link online as well as a snail mail address. My mother, Jacqui, my husband, Peter, and I are absolutely thrilled at the response that this opportunity has elicited. Donations have been received from family and friends, including some StGC Old Boys, from the Greater Toronto Area, Vancouver, Sudbury, England, Florida, Texas, and

Connecticut!

Thank you so very much for all of your support of our family through this experience. We hope that Principal Margaret Campbell (who sent us a beautiful message of condolences) can put the funds to good use as, after serious consideration, we have designated the funds to be directed towards Operations and Maintenance at StGC. It’s not glamorous nor attention seeking but quiet, unassuming, useful and handy, just like Daddy.

Sincerely, **Jacqui Chung, Donna (nee Chung) & Peter Stojkovic.**



Wonderful Georgian turn-out, including **Michael (Buski) Charley** and Immediate Past President, **Fred Kennedy**. Buski, who was instrumental in raising the memorial fund in honour of his friend, Paddy, read the lesson at the liturgy, and Arthur Chai gave a moving eulogy for his long time friend.

In photo at right, some of the Georgians present at Paddy’s funeral.

Standing, L-R:

Alex Ho-Shue, Lloyd Chung, Dr. Louis Lee, Eddie Chin, Robbie Vernon, Danny Ho Lung, Deacon Patrick Chang.

In front, L-R:

Arthur Chai, Patrick (Skedron) Smith, Philip Young.

Photo, courtesy of Yvonne Lyew.

Obituaries

CHEONG, Inez A (nee Chin)

Passed away peacefully at Community Nursing Home Pickering, Wednesday April 30, 2014 age 90, beloved wife of Basil, loving mother of Barrie (Sandra), Perry (Paulette), Steve (Debbie), and the late Raymond. She will be missed by her 11 grandchildren and 5 great-grandchildren. Survived by her sister Enid Chen-See and her nieces and nephews. Funeral Mass was held at St. Patrick's Parish, Markham, interment Holy Cross Cemetery. <http://www.legacy.com/obituaries/thestar/obituary.aspx?pid=170892032>



CHIN-CHOY, Fulford

passed, Thursday, February 6, 2014 in his 75th year. Loving husband to Monica (nee Lyn) and devoted father to Roxanne and Marc. He also will be dearly missed by his siblings Eileen (Wing), Edward

(HwaLing) and Gladys (Douglas). Fulford will be fondly remembered by his nieces, nephews, relatives and friends. The funeral service was held at Prince of Peace Parish, Scarborough.

<http://www.legacy.com/obituaries/thestar/obituary.aspx?pid=169573812>

See also "Fulford's Reflections" in December 1999 issue of *The Good and True*. <http://www.stgctoronto.com/newsletters/27/can-27.htm>

CHUNG, Patrick

- Also known as Paddy and Pat, passed on March 9, 2014 at his home. Devoted husband of Jacqueline (Jacqui), of 49 years, beloved father of Donna (Peter Stojkovic) of Houston, Texas, dear brother of Kay Lee of Markham and Delores Lentz of England, remembered by his many nieces, nephews, cousins, extended family and many friends. Patrick started his career at British West Indies Airways and was the marketing manager of British Airways in Jamaica before migrating to Canada where he held many positions within airline logistics; he retired from DEC Express in 2001. A Memorial Mass was held on Saturday, March 15th at St. Gabriel's Passionist Parish, private interment followed. <http://www.legacy.com/obituaries/>



HALL, Noel

passed, April 6, 2014, in Medical Associates Hospital, Kingston, Jamaica at the age of 94. Noel Hall was of the parish of Sts. Peter and Paul. An outstanding footballer for StGC Old Boys and Jamaica, and also a

distinguished coach. He was a recipient of The Monsignor Gladstone Wilson Award in 2011. Noel was featured in issue #59, Nov, 2010 of *Good and True*, STGC Ontario newsletter http://www.stgctoronto.com/newsletters/59/can59_2.htm



ISSA, Richard Joseph, OCTOBER 14, 1930- JANUARY 11, 2014.

Passed peacefully, January 11, 2014, leaving wife, Anna K., (deceased 34 days later, February 14),

children, Christopher, Theresa, Joanne, Andrew, Margaret and Caroline; daughters-in-law, Kimberley and Debbie; sons-in-law, William, Brook, Mark and Andrew; brothers, Francis and John and wife, Aida, sisters, Mary and Patsy and husband, Nouhad and sister-in-law, Margaret, grandchildren, Kristin, Luke, Richard, Joanna, Anthony, Peter, Lauren, Joshua, Sydney, Isabella, Nicholas, Jake, Thomas, Elias, Jeremy, Anna and Mattea. Funeral service was held, January 17, 2014, Stella Maris Church, interment at Sts. Peter and Paul.

YOUNG, Eric Lue (Biggs),



Class of 1980. Age 51, of Plantation, Florida, Kingston Jamaica and St. George's College, passed away, Monday, May 5th, 2014. Leaving Wife Tracey, Children Eric Jr., Nicholas and

Christian. Parents: Norma and Raymond (Hoad); Siblings: Joan, Rose, Richard and Lester; Nephews: Marc and Ryan; and other relatives and friends. The funeral service honouring the life of Eric was held, Saturday, May 17, 2014 at at The Shrine Of Light Forest Lawn South, Florida.



WILLIAMS, Stanley George Fielding, February 14, 1928- December 16, 2013, Class of 1944.

Passed, December 16, 2013, leaving wife Marjorie, children Ann-

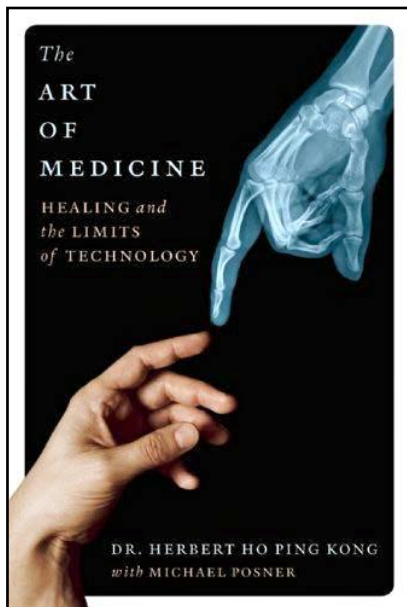
Marie and Richard, siblings Keith, Margaret, Maurice, Lascelles, Celine and Derek, caregivers Esmine, Jacque, Angie and Bunny, nieces, nephews family and many friends. Funeral Service was held at Sts. Peter & Paul, December 30, 2013, interment at Dovecot Memorial Park.

...Contd. from page 13

straight. We dance now about four to six hours a week. Friday nights, Saturday nights, we don't accept invitations to anything. So we make a few enemies, but if we stop doing it, we will fall by the wayside. That's the way we keep fit.

What is the future of medicine?

We should always try to be as technically good as we can, it's going to give us cures we never had before but technology will never replace humans. Technology is useful, it continues to give us great advances, but it can not replace the human touch.



What is special about your book?

We sold six thousand copies of the book before we even started to interview. I could have done it as a personal project, but I think there was a need to do this kind of work. There are many books about the Art of Medicine but none like this, that covers the whole sphere of what the art of medicine is. It's not been done this way before, it covers a whole terrain of the art of medicine. It is a road map, how you think about and how you teach the art of medicine

There are many physicians who practise the art of medicine who

do not get recognized, they do not have the backup, the time, the funds to publish. I want to recognize them.

This book will be in the hands of every single medical graduate at 17 medical schools in Canada. It has become a Canadian bestseller, and hopefully will go international.

When you do something, you always strive to do your best. It has been the combined effort of my wife, my family, my advisors, fellow physicians, Ray Chang, Michael Posner, many people.

It's not a scholarly work only, it's a human work; it's a way to try to get medicine back on track, to be what it's supposed to be, a caring profession.

Dr. Herbert Ho Ping Kong is a senior consulting physician at the University Health Network (UHN) and Chang Professor of Internal Medicine Teaching at UHN and the University of Toronto. His book is available online at <http://www.amazon.ca/The-Art-Medicine-Healing-Technology/dp/1770411739> The book cover has an immediate appeal, with a striking resemblance to Michelangelo's fresco, *The Creation of Adam*.

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Credit and thanks go to **TONY WONG, LLOYD TENN, STGC Photo Club, OMARI SPENCE, ROBBIE VERNON** for contributing photos for this issue of *Good & True*.

