



# The AD ASTRA PER ASPERA Newsletter



VOLUME 12 #1

APRIL, 2017

## Rebuilding for the *future*



### Rebuilding ICHS Food and Nutrition Labs

### **"A Dollar A Day" Campaign**

All Chapters uniting to make this dream come true.

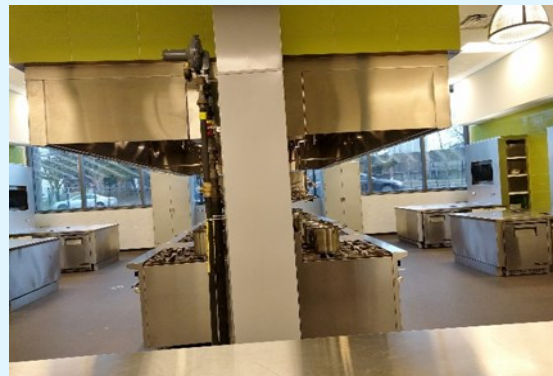
We need 1000 Alumnae to contribute \$1 per day for 1 year to make this project a success.

### Let Us Make The Impossible Possible



Current state of the Food and Nutrition Labs at ICHS, Kingston, Jamaica

**Together we will build a state of the art Food and Nutrition Lab for ICHS (see below)**



Inspiration – Courtesy of Culinary Arts Department at Centennial College, Toronto, Ontario

#### SPECIAL POINTS OF INTEREST:

Project 2014 and Beyond

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A Blessed Easter to  
You and Your Family



**Jeremiah 29:11 "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future"**

*My Dear Fellow Alumnae, The ICHS Alumnae Association has one mission. To serve the needs of ICHS. This year, the Food and Nutrition lab rebuild is the frontrunner of the needs. Meet Maria, an ICHS student who loves food and cooking. She plans to study medicine, specializing in "NUTRIGENOMICS", the area of medicine that investigates the interaction between our genes and the food we eat. This data is used to personalize our meals to optimize health and prevent or control diseases such as diabetes, heart dysfunction, gastrointestinal disorders, high blood pressure and obesity.*

*Maria's best friend Ida Wanna-Fail, is taking the Food and Nutrition course to open options for post-secondary studies. It can be used for careers in medicine, culinary arts, hospitality and tourism, becoming a nutritionist, dietitian or a TV Celebrity chef.*

*The girls are worried. Government inspectors informed ICHS that the worn out facility does not meet current health standards and if not brought up to standard will be closed.*

**HOW CAN I HELP??? ... "INVEST IN SOMETHING THAT WILL OUTLIVE YOU"**

*ICHS has been building leaders for generations. Successful graduates dispersed around the world are serving and blessing their communities. Surely, they will say "YES" to being God's instruments in His "plans to give... hope and a future".*

*Meet some ordinary people who said "YES"*

*Up to 90 donors partnered with the Toronto Chapter resulting in \$26,000 collected toward The Food and Nutrition lab rebuild. Many pledged to contribute ANNUALLY. This charitable donation is tax deductible and donors will be recognized on our donor "GIVING TREE"*

**Guila Bernal** is an architect and ICHS alumna, who has donated her services to design and be project manager for the renovation project. Guila recruited a parent of an ICHS student who has agreed to work as a contractor on the lab ATL (APPLIANCE TRADERS LIMITED), when asked, sent Mark Blair (P. Eng.), and an associate, who assumed responsibility for the mechanical, electrical, plumbing and HVAC portion of the lab design.

*This service will be pro bono, on instructions from Penelope Stewart. Mr. Robert Lee, Quantity Surveyor When asked, he said YES! to provide the details and cost and timeline estimates for the rebuild.*

*Behind the scenes, **Tricia Castriota**, Vice Principal representing ICHS, obtained original ICHS architect plan, info from stakeholders and is a communicator between the key players.*

*Centennial College allowed us to use their state of the art facility for inspiration and photos.*

*Heather Bubb-Clarke and Katy Sani and I have worked tirelessly on donations, funding, marketing material, communicating with Guila, Tricia, and the project of uniting the work of all ICHSAA chapters. Janet Sharpe, Jeanne Croskery, Joyce Wong and Janice Soon Fah recruited vital participants.*

*Please, JOIN FORCES and make the impossible, possible for students WHO CAN NEVER REPAY YOU. Contribute in cash (will you spare \$1 a day for 1 year!!) charitable donation tax deduction), or kind, (COMING SOON....check out the wish list for supplies also eligible for support our fund raiser events, the April 22nd NYCE TIME dinner/dance, the September 25<sup>th</sup>, 2017 brunch. Be part of God's "plans to give ... hope and a future" to ICHS students.*

**Now to review the 2016 work of your Toronto Chapter, first the social events:**

*"Stir it up", our annual dinner/dance was held at Sts. Peter and Paul banquet*

Ad Astra is published by the Immaculate Conception High School Alumnae Association-Toronto Chapter.

ARIL, 2017  
Volume 12, No. 1

I.C.H.S. Newsletter

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Heather Bubb-Clarke

Yvonne Lyew                      Membership

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Thanks for sharing the photos taken at Chinjazzo. Looks like you had a good time!

In preparing to share with you in this newsletter, I took a few minutes to gather my thoughts and recap the major events that led to your fundraiser, Chinjazzo. About four years ago I was asked to share with your Chapter our needs here at ICHS and possible projects. We had recently had a visit from the Ministry of Education who said that the formica counters in our two Food and Nutrition labs needed to be replaced with stainless steel, granite or post form. I included this project in the list of needs and in 'two twos', the Chapter had Katy Sani on to us. Thanks to your vision (and determination in great measure) we are now talking about the complete refurbishing of our two labs! Absolutely amazing... and exciting!! Two weeks ago Carol Case had an on-site visit and left the three of us staff members who met her, seeing the vision as clearly as you are.

The collaboration from the other ICHSAA Chapters that you are seeking in order to see this massive project to completion will likely result in even stronger Immaculate bonds and I look forward to this too, with eagerness. I will be doing whatever I can to help with this.

By the way, Samantha Bennett, the first recipient of the G. Raymond Chang Food & Nutrition Scholarship placed first among all students in Jamaica who sat CAPE (Advanced Level) Unit 1 Food & Nutrition. She continues in this field at the tertiary level.

I thank God for your unwavering support. Your every effort is appreciated by us and blessed by God.

Peace!



#### **President's Message continued**

hall on April 23<sup>rd</sup>, 2016. Musical artist Jonnee Sooul, thrilled partygoers and and DJ Sunshine Sounds had us jump-in' and bumpin' till the wee hours of the morning. Food was scrumptious and we all had fun while earning some funds for ICHS.

The weather was perfect at MILNE PARK, for the joint picnic with Alpha and St GC on August 14, 2016. Abundant delicious island food, family games for ages one to 100 and lots of "catching up" with old and new friends.

CHINJAZZO, was held on a warm, sunny September 11, 2016, at Royal Fine Dining and Banquet restaurant. Over 250 guests enjoyed brunch and wonderful comradery. M.C. Michelle Ann Hylton kept us in stitches and on

schedule as we enjoyed the live Jazz Band, Fashion show (compliments of Melanie Lyne), ICHS Slide show, raffles and prizes, many dishes of delicious Chinese food.

The December Feast of the Immaculate Conception mass and potluck, has been competing with a growing number of events held in December. This year our numbers were so low that we did not have a quorum for our AGM. A vote was taken and **the majority voted to discontinue this event. The quest to improve organizational efficiency**

We are working to improve efficiency by building alliances to unite all ICHSAA chapters to work with ICHS, on projects identified as area of greatest need. Within our chapter, we plan to build teams and distribute

responsibilities for necessary functions, minimizing the need to travel to executive meetings.

The main tool for each team is the procedures manual and checklist for recurring events. With this in place, members in close physical proximity can work together in functional units. For example, a team can do membership list updates, member recruitment, and communicate with individuals while eliminating travel across the city to attend meetings.

You are invited to join the excitement of the mission as we build alliances, teams, relationships, ***the lab*** and honour God by unlocking our potential and working together to serve ICHS. *May God Bless you always,*

*Carol Case*

## Upcoming Events



ICHS ALUMNAE ASSOCIATION  
TORONTO CHAPTER

Established on June 9, 1978

*Presents*

*Agony & Ecstasy*

Doors Open: 6:30 P.M.  
Music: by DJ "Sunshine Sound"

**Saturday, April 22, 2017**

Sts. Peter & Paul Banquet Hall  
231 Milner Ave., Scarborough, Ont.  
(North of 401 & West Markham Rd.)

Contribution: \$70 per person (non refundable)  
Early Bird - Table of Ten \$650  
(If Purchased by March 31/17)

Dinner Served: 8:00 P.M.



**Come Join us**

August 20th, 2017

**Come Rain or Shine**

10:00 am - 8:00pm

**Our Annual Old Fashioned Picnic**

Milne Park - Lakeview B - Shelter Area  
McCowan Road & Hwy 7.

Admission Fees:  
\$4.00 (16-59)  
\$3.00 Senior (60+)  
Children Free




## The Best Performing Schools - Top 10

Previous Ranking	Current Ranking	School	% Of Grade 11 Cohort Attaining Five (5) subjects including English and/or Maths
2	1	Immaculate Conception	100.0%
1	2	Campion College	99.5%
3	3	Montego Bay High For Girls	99.3%
5	4	Wolmer's Girls	99.0%
7	5	St. Hilda's Diocesan High	98.8%
10	6	Hampton High	97.8%
6	7	Westwood High School	97.5%
8	8	Glenmuir High	96.8%
11	9	Wolmer's Boys	96.7%
16	10	Bishop Gibson High	96.5%



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Reminiscing on my time spent at the Immaculate Conception High School with confidence I can attest that my most favoured days were spent in the Food and Nutrition Labs. Having my classes in the labs was indeed a pleasure

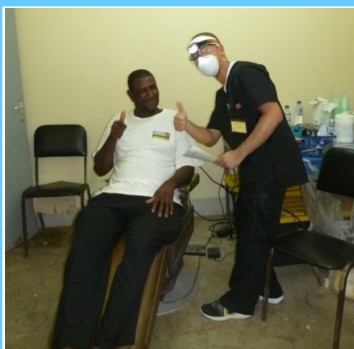
and to put the icing on the cake I had some of the most excellent and passionate teachers that were highly enthused about the subject they were teaching. Although the Food and Nutrition Labs facilitated magnificent moments, there were some occasions where these moments were impeded by complications. Such noticeable predicaments were; the limited amount of seating furniture, limited storage space for school bags, the hollow tables and cupboards, the refrigerators were either malfunctioning or had no storage space because they were filled to capacity and finally there were times when the simplest things such as culinary utensils were not even enough for a small class of twelve (12) girls. These inconveniences sometimes lengthened the students' food preparation process during their practical assignment or even examinations. However, throughout such complications we learnt to excel and even at times demonstrated the true meaning of the well-known Jamaican adage "tun yuh han mek fashion".

Now at the tender age of ten (10) I knew that I wanted to become a Chef and with confidence I embarked the culinary journey. My cooking desire was furthermore, fueled in seventh (7<sup>th</sup>) grade when I had my first interaction with the subject Food and Nutrition. Not to mention I was consumed with joy when I saw the environment and the equipment that were made available to the students in the Food and Nutrition Labs. When I realized that chemistry was not working out for me my secret hopes of becoming a Medical Doctor went straight through the windows but my love for Food and Nutrition stood fierce and relentless. My love for the subject grew and developed as it became more formally

and extensively introduced to me by my fervid teachers Mrs. Henry, Miss. Rennicks, Mrs. Malladi and Mrs. Edwards.

Their instrumental initiatives shifted my disposition from wanting to be just an ordinary Chef to wanting to become a highly favoured top ranking International Executive Chef as opposed to the lawyer my father wanted me to be. Just to testify and acknowledge God, my principal and teachers I can particularly remember when I had a major Food and Nutrition exam and I did not have all the required resources, with the kind of help of my teachers and my principal Sister Angella Harris my materials were bought, from there I knew I had to make them proud.

Through my years at Immaculate Conception High School I have learnt many things, but one thing in particular stood out and this is, "you excel in what you choose to or in what you are passionate about", for me it was the latter. The love for culinary is still strong and will always be as it is my passion to take one's taste buds on a tantalizing journey. This I couple with the belief that food is not just food, but it is an emotion and a lifestyle. Currently, on my culinary journey I am pursuing a Bachelor of Science Degree in Hospitality Management at the University of the West Indies; a step that can be regarded as a mountain I have to climb to become the outstanding Chef that Jamaica and the world has been waiting to see. Additionally to add to my soon to be legacy, I intend to also own a cruise line. To conclude, without the nurturing from Immaculate Conception High School and their facilities my successes would not have been possible.



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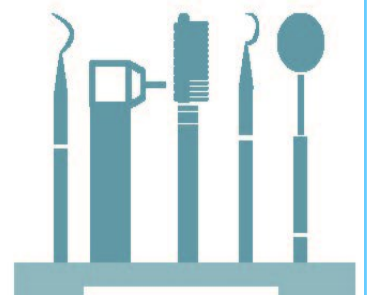
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# Immaculate Conception High School

## Hall of Fame Benefit Banquet 2017



Ladies,

It was a wonderful evening of glamour and pageantry, for the 490 individuals who attended the third ICHS Hall of Fame Benefit Banquet at the Pegasus Hotel in Kingston, Jamaica. What an evening it was! Alumnae, family and friends who had not seen each other in years were just over-joyed with excitement. Loud chatter filled the reception area as they mingled, recognizing classmates and teachers. "Laud mi child yuh nuh change a bit", There were hugs, kisses, long stares and "I cannot believe it is you". All, sharing this special moment in time. "Oh what a feeling!" Kudoos goes out to the members of the planning committee, they out did themselves again. A new element was added to the evening, a silent auction which raised a tidy sum of money and held a special interest throughout the event. Well Done Ladies!!

Here are some photos to give you a glimpse of that evening for the seven inductees to the Hall of Fame – Sister M. Avril Chin Fatt, Mrs. Karlene Largie, Mrs. Jeanne Meany, Mrs. Carole Jean Sinclair, Dr. I. Antoinette Sutherland, Justice Norma Wade-Miller and Mr. Gary "Butch" Hendrickson. (See ICHS Toronto Chapter Facebook page for additional photos)



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Winston Chen-See**



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*Red Stamp*





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Jerk Pork

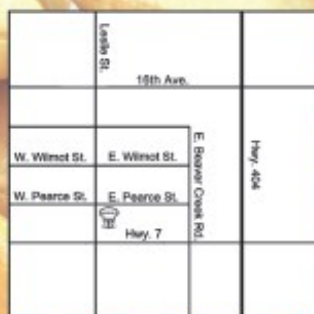
Jerk Chicken

Oxtail

Curry Mutton



600 Denison St., Markham



9021 Leslie St., Richmond Hill

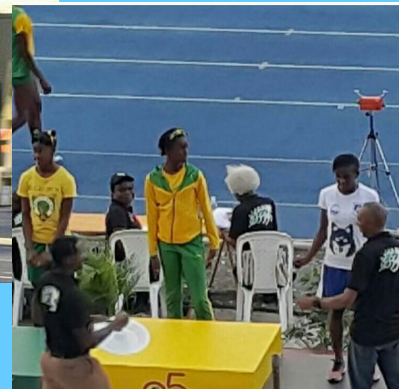


9590 McCowan Rd., Markham

## WHAT'S HAPPENING AT ICHS



ICHS Champs Team

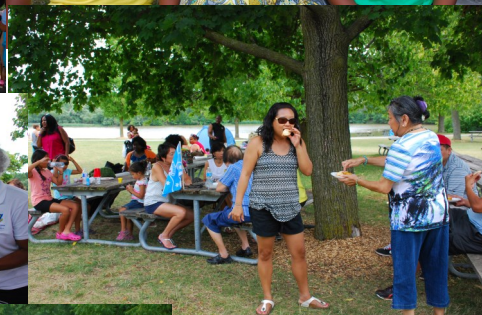
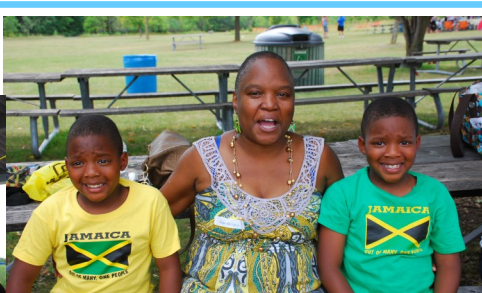


Our Track & Field Team competed in Boys & Girls Champs. Between March 28 and April 1/17, the girls participated in over 48 events, placing 8th in the overall standings. Way to Go ICHS!



ISSA/GRACE KENNEDY BOYS AND GIRLS CHAMPIONSHIP GIRLS POINTS STANDING AFTER 46 FINALS		
1.	Edwin Allen High	316.5
2.	Nydel High	265
3.	St. Jago High	246
4.	Holmwood Tech	243
5.	Vere Tech	125.5
6.	Excelsior High	113
7.	Wolmer's Girls	54
8.	Immaculate	40

## Our Old Fashioned Picnic





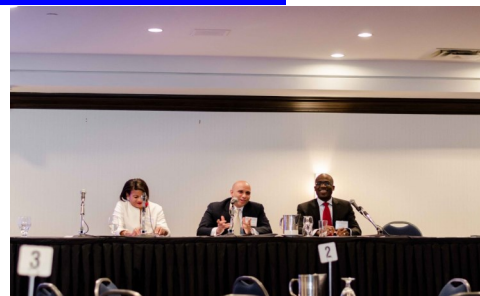
DJ Mike and friend at the turntables



Jamaican High Commissioner Janice Miller and her husband



## ICHS and St. George's Alumni Helping To Grow the Next Generation of Canadian Lawyers



Photos courtesy of Stephanie McPherson, Photographer ([stfmcpherson@gmail.com](mailto:stfmcpherson@gmail.com))

The Black Law Students' Association of Canada (BLSAC) held its national conference in Windsor, Ontario from February 9-12, 2017. Their theme, "Oneness in Motion: Impacting the Future" focussed on the many opportunities for young lawyers in an ever-expanding legal profession. Among the seminars featuring judges, lawyers and government officials from across Canada, one panel in particular had a unique twist - all three panellists were of Jamaican descent and had practices that spanned Canada and the United States. And of course, the ICHSAA was represented too! The panel, entitled "Crossing Borders", featured ICHS alumnae Audrea Golding, a Partner with Fragomen Worldwide, the world's largest immigration firm, along with St. George's alumnae Konata Lake, Senior Associate at Tory's LLP, one of Bay Street's preeminent firms, and Joseph Vernon, Principal at Miller Canfield in Detroit, Michigan and son of St. George's College Old Boys Association Robbie Vernon. The three gave the law students an insight into the paths available to become licensed in multiple jurisdictions and how to network to successfully build practices and client relationships across borders, while giving much credit to the Jamaican family and institutions that helped them along the way.

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**Audrea Golding**  
Partner

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## PROJECT 2014 AND BEYOND.... SAVE THE FOOD AND NUTRITION LABS



*"I am repeating the introduction to last year's report as the status has not changed  
"How important is the FN programme at ICHS?  
Your little sisters who just began their high school life this September would already have*

*met the FN labs. It is a compulsory subject for students in grades 7 and 9 (first and third forms). At the barest minimum they learn the importance of nutrition and the need to make healthy choices." Sr. Angella.*

We have continued to work diligently to get this project off the ground but this young bird is taking a very long time to learn to fly. Even though the momentum of the planning is moving forward the donations are very slow in coming... but we are still confident that as the young bird eventually soars we will raise the funds to give our students their much needed State of the Art Food and Nutrition Lab. The only change that has taken place since 2013 when we first heard of the need for the upgrade of the Food and Nutrition Labs at ICHS, is that the condition of the labs has deteriorate further – These pictures were taken in February 2017.



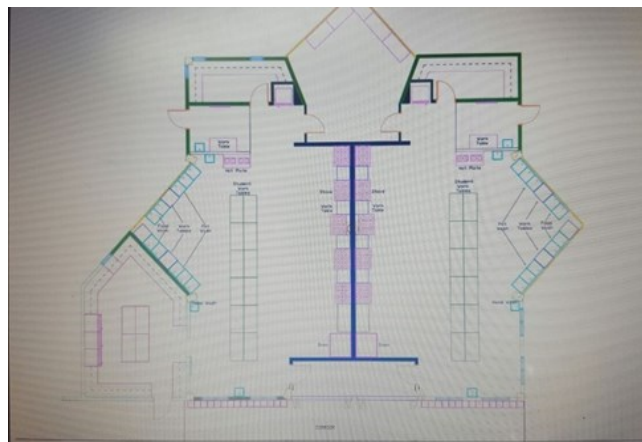
Notwithstanding the physical condition the lab, the phenomenal young women continue to respect their environment by keeping the labs spotless and by producing excellent work - achieving 1<sup>ST</sup>, 2<sup>ND</sup>, 4<sup>TH</sup> 5<sup>TH</sup> and



10<sup>th</sup> places in the Caribbean Examination Council Cape June 2016 Exam ... **what an amazing life lesson...**

### Progress update

Under the guidance, diligence and hard work of our President, Carol Case, the plan is coming together. She has spent an inordinate amount of time visiting the Centennial College Culinary Arts Department, in Toronto and meeting with the Dean of the Department for guidance. She has also visited the recommended equipment vendor to look at equipment and more recently met with the Architect, Contractor, teachers and other interested parties at Immaculate. See details contained in her Presidents Report. Thanks Madam President for your outstanding leadership. The Architect, Alumna Guila Bernal, with input from our team in Canada has designed a state of the Art lab for our students at ICHS. Visits to the the Culinary Arts





We are still waiting for an estimate from the Quantity Surveyor but based on pricing of equipment alone, we anticipate that we will need about US\$250,000.00 to make this dream a reality. IN THE MEANTIME WE WILL CONTINUE TO COLLECT MONEY as the needs are many that include, stainless steel tables, handwashing stations, stoves, refrigerators, pots and pan, utensils a large monitor/TV and the list goes on.

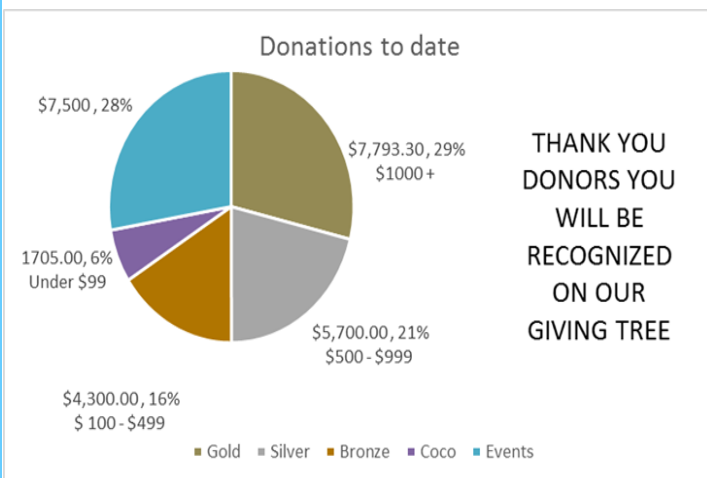
### Our Campaign

Since 2014, our Campaign has raised just over \$19,000 through donations from less than 100 Alumnae, their families and friends and \$7500 from our events so you can see we have a very long way to go. **HOW CAN I HELP? YOU**

**ASK. WE NEED EVERY ONE OF OUR 400 + MEMBERS TO COMMIT TO MAKING THE FOOD AND NUTRITION LAB YOUR CHARITY OF CHOICE FOR 2017 – A**

**DOLLAR A DAY GOES A LONG WAY TO MAKE WHAT SEEMS IMPOSSIBLE – POSSIBLE. Repeat donations are encouraged as every New Year gives us the opportunity TO DONATE AGAIN AND RECEIVE A TAX RECEIPT**

Tax Receipts were issued for donations over \$20.00 through the Association of Jamaican Alumnae Associations.



**Whereas we need more Gold and Silver donors we are truly appreciative of every Coco received. Platinum and Diamond donations are yet to be received. FAMILIES PLEASE GET TOGETHER and donate as a group.**

### SCHOLARSHIPS AND AWARDS

Our annual scholarships and awards totaling \$2400.00 have been suspended until rebuild of the Food and Nutrition Lab has been completed. We cannot support 4 individuals while the needs of the entire school population are great.

The only scholarship awarded was the inaugural G. Raymond Chang Food and Nutrition Scholarship donated by Donette Chin-Loy Chang – class of '73.

For the Academic year 2015/16 we disbursed J\$358,305.00 (CAD\$3906 from the funds raised at our dance) to pay outstanding school and or exam fees for students in financial distress. I am pleased to let you know that of the 17 students helped in 2014/15 only 3 students required financial assistance again in 2015/2016.

Respectfully submitted by

Cathrine (Katy) Sani

Treasurer

### Donation / pledge form

Name \_\_\_\_\_

Street address \_\_\_\_\_

City \_\_\_\_\_

Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_

Pledge amount: ☐ \$1,000 ☐ \$500 ☐ \$250 ☐ Other: \_\_\_\_\_

I am paying by: ☐ Cheque ☐ Cash

In order to receive a tax receipt, please make your cheque payable to:

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Memo: FOR ICHS F/N Labs

Please mail your donations to your local Chapter:

TREASURER, ICHS AA TORONTO CHAPTER  
C/O KATY SANI, 2851 JOHN ST., PO BOX 42005 JOHN WOODBINE PO  
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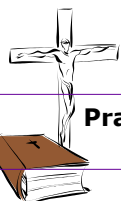
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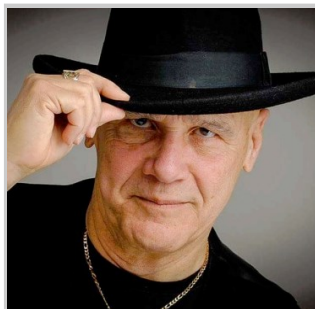
## Gone too Soon

Prayers and Condolence are extended to the families of ...

**Doreen "Molly" Hoo** mother of Carolyn Chow (Hoo) passed away on Jan 4, 2017—predeceased by her husband Louis Hoo. Mother of Christine (Mervyn), Carolyn (Robert), Cheryl (Anson), Collen( Eric )and Louis (Janet) and many nieces and nephews

**Jeffrey Chin** —father of Janet Wong passed away in Jamaica on January 1, 2017 at the age of 90. He leaves daughter (Wibert), grandchildren and great grandchildren. Her two sisters, Sister M Joan Clare, OSF and Olwyn Fung

**Mavis Shernett Lee**—mother of Jackie Lue passing away on March 21st, 2017. She leaves Jackie (Derrick), Karen ( Michael), Michael (Penny) and Jerry (Ingrid), grandchildren and great grandchildren.



It is with great sadness that we announce the passing of a dear supporter and friend of the ICHS family.  
Neil Delhouse - (Oct 14, 1945– Mar 12, 2017)

" Death leaves a heartache no one can heal. Love leaves a memory no one can steal".

On behalf of the entire **DALHOUSE Family**, we would like to thank each and every one of you for the outpouring of condolences, prayers and heartfelt words of sympathy to us in the loss of our beloved Neil on March 12, 2017. We have certainly felt the love that so many had for him and it is such a comfort to us to know this.

## CONGRATULATIONS

Welcome little One



My name is Zachary Gilmore—my mother is Alicia (Martin) and my dad is Matthew Gilmore. My Grandma is Alison (Payne) Martin



**Phyllis Monica Chen** - sister of our dear Yvonne Lyew, Nicole, Avery, Penny, Philip, Jeffery and Bridgette. Devoted mother to Nicholas (Annette), Wayne (Paula), Suzanne (David Sharma) and Christopher (Karen), nine grandchildren and two great grandchildren. A devoted ICHS Alumna and a founding member of The Friends of The Poor Canada organization passed away suddenly on November 11, 2016. Phyllis will be greatly missed by all. Rest in Peace Phyllis!



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