

THE SWAN CONNEXION

ST HUGH'S HIGH SCHOOL ALUMNAE ASSOCIATION CANADIAN CHAPTER



Mission Statement

To promote the welfare and advancement of the students of St. Hugh's High School so that each student may successfully complete their education and take their rightful place in society.

To promote close association and foster goodwill among students from St. Hugh's High School.

CANADIAN CHAPTER

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MESSAGE FROM THE PRESIDENT

Another year has gone so quickly!

2022 was filled with many blessings and accomplishments for our organization, as well as many challenges within our group and our communities.

We continued to model the saying, “TEAMWORK MAKES THE DREAM WORK”, with our Fish Fry fundraiser. With the involvement of our entire group, our Fish Fry committee executed a successful event which was supported by many of our patrons from 2021 as well as new ones who discovered our tasty fish dinner. This event brought us in touch with some Swan Sisters who we had not met previously.

We secured our first branded chapter merchandise this year! Our stylish t-shirt allowed us to show our St. Hugh’s brand during our third annual walk-a-thon. I can’t thank the team enough for stepping up to the call and the challenge, resulting in a fantastic and surprising outcome.

The year was not only about fundraising activities, but it was also about growth. We saw our largest increase in membership since our inception in 2019, growing by 31% year over year. I extend a warm welcome to all our new members and thank you for the contributions you have made since joining. We also changed our name, dropping the Ontario location and becoming St. Hugh’s High School Alumnae Association Canada, which better reflects the dispersed locale of our members. To our Swan Sisters residing in Canada who may be reading this message and would like to join us, please reach out at shhsaacan@gmail.com.

Our final program for the year was the launch of the annual Daphne Morrison Scholarship Program. Whilst I will not say too much about this as I do not want to steal the thunder from our program chair, I would like to express how proud I am that we’ve accomplished this milestone together. See page 6 for details.

I am very appreciative of the time and effort our entire group has put in to make our association a success, for caring enough to want to give back and for rising to the call to action and challenges presented by our various programs.

I’d also like to give a huge shout-out and expression of thanks to our supporters far and wide! We could not have done it without you!

There will always be challenges ahead of us. But with our track record behind us, our resilience and tenacity, and God’s faithful blessings, I have no doubt that we will continue to thrive and succeed and make meaningful contributions to the school we all love so much and our little Swan Sisters who now call it home.

Together Everyone Achieves More!

Stay well!

Fidelitas!

Paulette Tenn

Meet The Team

Executive Committee



Paulette Tenn
(Plummer)

President
Class of '80



Maraye Bonner
(Kitson)

Vice President
Class of '80



Carol Tai-Pow
(Farquharson)

Treasurer (Jan. - Aug.
'22)
Class of '82



Aulene Gooden

Treasurer
Class of '81



Yvonne Massey

Secretary
Class of '76



Tamieka Bailey

Past President & Public
Relations Officer
Class of '95



Althea Robinson

Asst. Treasurer
Class of '79



*Wendy Smith-
Dewdney*

Asst. Secretary
Class of '90

Meet The Team

Our Core Group



Asha Rodriguez
Class of '98



Debbie Gillespie-Mckenzie
Class of '90



Fern Heckburn
(Pryce) - Class of '79



Nzinga Walker
(Hope Walker)
Class of '82



Dr. Paulette Dunn-Pierre
(Dunn) - Class of '72



Tashika Wilson-Barnaby
(Thomas) - Class of '96



Zara Brown
Class of '97



Charlene Dennis-Huie
(Dennis) - Class of '95



Ebonie Reid
Class of '96



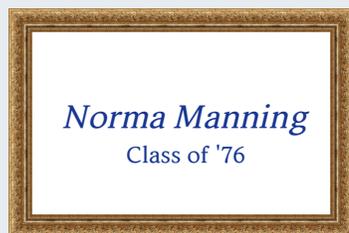
Jada-Lee Whytehorn
Class of '96



Maxine Brown
Class of '76



Maxine Gordon-Palomino
(Gordon) Class of '81



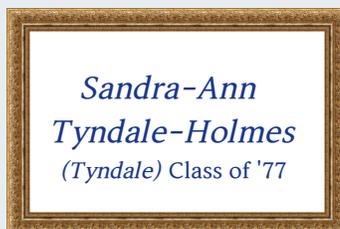
Norma Manning
Class of '76



Racquel Muir
Class of '08



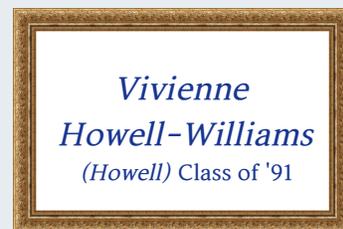
Rochelle Findley-Wynter
(Findley) Class of '05



Sandra-Ann Tyndale-Holmes
(Tyndale) Class of '77



Sonia Chin
Class of '62



Vivienne Howell-Williams
(Howell) Class of '91

DAPHNE MORRISON SCHOLARSHIP

For most of us in the alumnae, Daphne Morrison made an indelible mark on our lives at St Hugh's. She was an English teacher par excellence. So, it was no surprise and a very easy sell when our Board proposed launching a scholarship program in her honor.

As a young chapter, not knowing if we would be able to maintain a full-fledged program, in 2021 we gave one full scholarship as a one-time award. This was coordinated with the assistance of the St. Hugh's Foundation. This year as our fundraising efforts grew, we wanted to assist more students and decided to formalize the Daphne Morrison Scholarship Program with a goal to award five (5) scholarships valued at CAD \$500 each. Thankfully, with our fundraising efforts yielding more than anticipated we have been able to offer a total of seven scholarships valued at CAD\$500 each.

This being the inaugural year of us piloting our scholarship program, we worked closely with the guidance counsellor to identify students who were financially challenged but showed academic promise. We started a bit later than we would have liked and we knew the time would be short, but we wanted to give the funds to the students by mid-November.

The students rose to the challenge, and we had several great essays written by the applicants and impressive letters of recommendations. It gave the scholarship committee quite a challenge to select the successful applicants. At the time of writing this we are in the process of organizing the distribution of the funds.

Special thanks to the guidance counsellor Mrs. Gregor Fong Rose for the assistance in identifying the students and distributing the application forms. All of this would not have been possible without her assistance.

Congratulations to all of our awardees. Well deserved!

Maraye Bonner

Vice President

Scholarship Committee

Dr. Paulette Dunn-Pierre

Fern Heckburn

Wendy Smith-Dewdney

Vivienne Howell Williams

Maraye Bonner

DAPHNE MORRISON SCHOLARSHIP

2022 SCHOLARSHIP APPLICATION ESSAY

The scholarship application process, students are asked to write an essay highlighting the reason they are deserving of a scholarship award. Here is one of the best essays that was received.



Why I deserve this scholarship

By: Rhea Barrett Grade 13

The national flower of Taiwan called plum blossom or *Prunus mei* is symbolically known for its strength and resilience as it blooms despite the weather. I depict my life in the same manner, as despite life's challenges I have adjusted myself to successfully adapt.

Growing up in a single-parent household comes with its challenges including finances. However, I will never allow myself to be overcome by my temporary situation as I am a firm believer that education will take me to the next level in life of becoming a lawyer and philanthropist. And yet, formal education comes with a price.

I am aware that financial resources are limited in my household and as such looking outside is an option that I pursue. Obtaining the St. Hugh's Alumnae Association of Ontario, Canada Daphne Morrison Scholarship would go a far way. This scholarship will aid me in concluding my studies at St. Hugh's High School, pushing me forward to my next step. I am successfully working on completing my full 7 years at St. Hugh's High School while participating in extracurricular activities and volunteering at the Women's Centre of Jamaica Foundation.

In my educational journey, I was able to successfully gain eight (8) Caribbean Secondary Education Certificate (CSEC) subjects at the end of grade 11. The journey in itself was a rocky one as my personal challenges coupled with the devastating impact of Covid-19 tried me but I was determined to push through. Thankfully copping these CSECs allowed me to matriculate to 6th form where I am currently undertaking 4 Caribbean Advance Proficiency Examination (CAPE). I have already sat the first unit of CAPE and am currently awaiting the results. With a positive mindset, I believe I will again be successful as I look forward to taking on the second unit.

Cont'd

DAPHNE MORRISON SCHOLARSHIP

2022 SCHOLARSHIP APPLICATION ESSAY . . . CONT'D

I believe in being a rounded person and pride myself in taking on extracurricular activities at school. I am the Treasurer for the St Hugh's High School Key Club and a member of the Media and Aviation Clubs. Pursuing these extracurricular activities along with my normal course of study has been beneficial to me as a student wholesomely. This involvement provided me with a wider perspective, and taught me accountability, responsibility and being a team player. These are skills that I believe will benefit me anywhere I go and importantly in my career as a lawyer.

I understand the need to give back and give of self to contribute to the betterment of society. I have been the recipient of one that benefited from selfless service and I laud those persons and institutions like the St. Hughs' Alumnae Association of Ontario, Canada, that have offered their resources to persons in need. I have experienced the value of giving back which is why my ultimate goal outside of my career is to be a philanthropist.

I have pronounced a responsibility on myself to volunteer. Currently, I am volunteering at the Woman's Centre of Jamaica Foundation which serves over 46,000 pregnant teens to rise out of their current situation to achieve their career goals. In volunteering there I used my experience as one that has overcome challenges to motivate them, while I too learn valuable life experiences from them.

Receiving this scholarship would push me closer to achieving my personal mandates. It would be an honour to be considered by this noble association and I look forward to hearing from you.



DAPHNE MORRISON SCHOLARSHIP



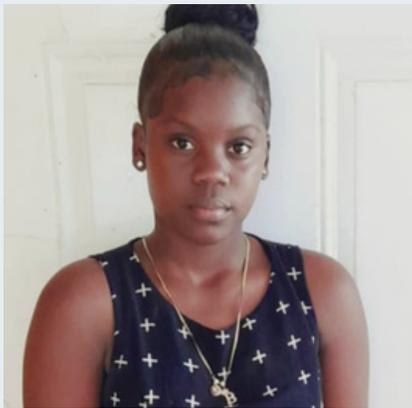
*Oraysha McDonald
Grade 9*



*Asyria Smith
Grade 10*



*Joselle Needham
Grade 10*



*Kerrice Davis
Grade 11*



*Dhannoi Hamilton
Grade 12*



*Rhea Barrett
Grade 13*



*Shevounese Barclay
Grade 13*

FUNDRAISERS

FISH FRY

On Saturday June 18th, 2022, the St Hugh's High School Alumni Canadian Chapter, held their second annual fundraising Fish Fry event. The aim of the event was to raise funds to support initiatives for our Alma Mater.

The planning committee got started in March with a bang. Budget, coordination, promotion and execution weighed heavily on our minds. The previous year we had opted to deliver the meals because of covid restrictions. This year with the relaxing of these restrictions we battled with the thought of "to deliver" or "not to deliver". After much banter, we decided to go the hybrid route.

On the morning of the event, it was all hands on deck. Our members came out in their numbers.

Packing meals, packaging the soup, meeting up with other members to hand over meals for delivery and delivering meals to customers. Those who could not be on site because of their location manned the command center to ensure that deliveries were done and contacting patrons who were not at home to collect. We even had Swan Sisters who had not yet joined our chapter jumping in to assist with delivery. It was pure teamwork, and the day ran smoothly like a well-oiled machine.

To top it off our meals were delivered in our signature blue and yellow St. Hugh's bags (donated by two of our members). These were quite a hit with our patrons. And as usual, the compliments poured in after the event. "The manish water was great", "I enjoyed the food", "The girls delivering were pleasant and friendly", "My food arrived just when they said it would" and on and on... At the end of it we were all exhausted but satisfied.

Thanks to everyone for making the event a successful one!

We look forward to next year's event

Carol Tai-Pow

Committee Chair



FUNDRAISERS

FISH FRY



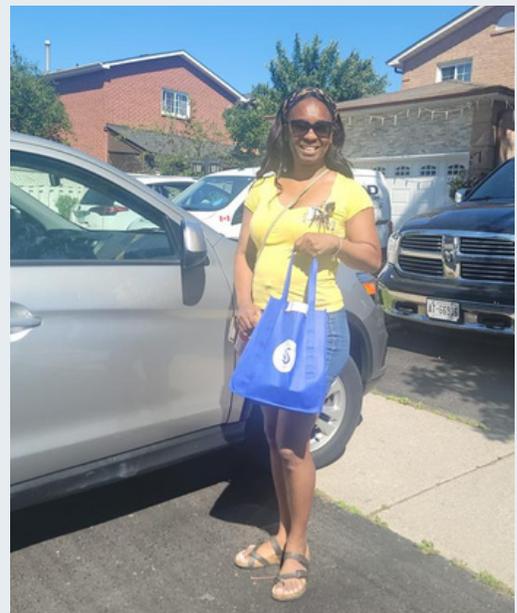
Althea and Vivienne doing the 'ole switcheroo



Carol picking up her orders



Meals are packed and ready to go!



Tammy on the run

FUNDRAISERS

WALK N TALK 2022

*Dis lang time gal mi neva see yu,
cum mek wi Walk n Talk!*

This was our second year participating in the Alliance of Jamaican Alumni Associations *Walk n Talk* walk-a-thon, and, WOW, we were in for a surprise!

It was a ding-dong battle on the leader board, both at the team level and the individual level, one that ended with us exceeding our initial target by over 35%.

For us, the walkathon is more than a fundraising event. It is also an opportunity to get together with Swan Sisters we had not seen for some time.

This year we returned to Saigon Park in Mississauga, where the scenic 1km track makes it easy for us to complete a 5km walk. Various members join us annually, and this year was no different with two of our newest members, Maxine and Norma, joining us for the first time.



And they're off.....



L-R Tameika Bailey, Auleen Gooden, Maxine Brown, Norma Manning, Maraye Bonner, Yvonne Massey, Paulette Tenn



Jammin' to some 'ole time Jamaican music at the end of the walk

FUNDRAISERS

WALK N TALK 2022



**Swan Sister Aileen
gettin' down . . .
. . . all the way
DOOOOOWN,
to the tunes of
GOT TO BE REAL!**



What a way to end a successful walkathon!

DONATIONS

NETBALL TEAM UNIFORM

Our first donation for 2022 went towards providing uniforms for the netball team. we heeded the call for help from our principal and donated \$350 CAD to cover 50% of the cost of uniforms. The girls looked smart in their uniforms, which gave them a boost of confidence. They went on to beat Norman Manley High School 35-24 points.

Both the junior and senior teams were zone winners in the first round of competition. They then went on to the second round where the junior team won 1 game and the senior team won 2 games. In the end, the senior team finished third in the Urban league, while the junior team won the Urban league and went on to play in the all-island finals in Manchester.



Members of the netball team in their new gear

DONATIONS

CAFETERIA REFURBISHING PROJECT

During the Spring meeting of the Global Alumnae associations, our principal Mrs. Andrea Bryan-Hughes shared her top priorities for 2022.

At the top of the list was the cafeteria refurbishing project. The resident concessionaires would be vacating the premises when the school year ends in June and would be taking all the equipment which were owned by them. This gave the school approximately three months to raise funds to purchase and install the required equipment as well as give the cafeteria a general facelift by painting and doing other cosmetic changes.

As a result of the success of our Fish Fry fundraiser, the Canadian Chapter donated \$3,000 CAD towards the cafeteria refurbishing project.

With our donation and that of other chapters globally, the school achieved its goal and the newly refurbished cafeteria opened in September, serving meals to students and staff; and providing a source of income that can now be used to assist other initiatives.

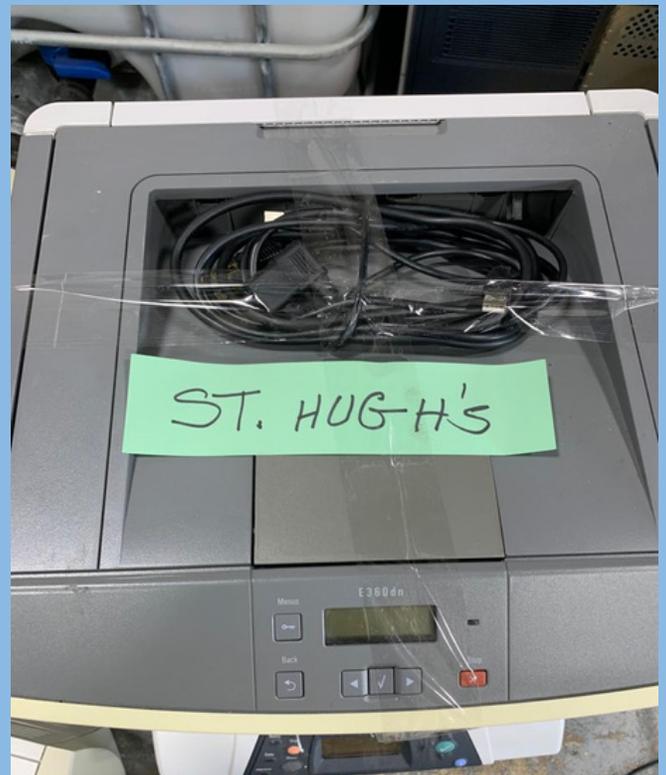


DONATIONS

PRINTERS



A donation of 3 Gently used multi-function printers was sent to St. Hugh's in early fall. At the time of this publication, the school is awaiting release of the devices.



DONATIONS

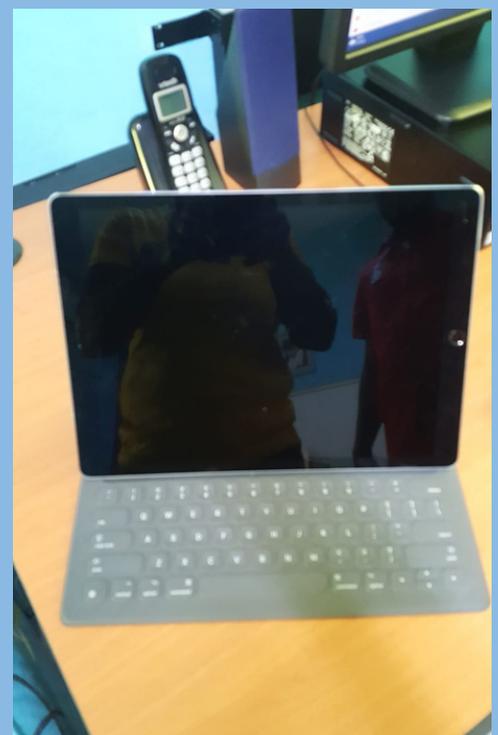
IPADS

In this new world of remote living, the ability to stay connected is vital. As a student, this is even more critical as it's the difference between having an opportunity to learn and complete your education versus having no access to necessary educational resources.

Chapter member Althea Robinson delivered a donation of 8 iPads and keyboards to the school on November 14, 2022, on behalf of the Canadian chapter.



Principal Mrs. Andrea Bryan-Hughes (L), accepting the devices from Althea Robinson on behalf of St. Hugh's High School.



HIGHLIGHTING ST. HUGH'S



A Glimpse into one of the many Extra Curricula and Personal Developmental Programs at St. Hugh's



St. Hugh's High School prides itself on providing a well-rounded education for its students. With a school body of well over 1,600 students and staff, the institution offers not only excellent traditional academic programmes, but there are over 27 clubs and societies from which students can select activities to build their personal growth and development, and develop a range of skills, personal qualities and experiences which will help them to be productive in the workplace.

These extracurricular activities also provide a channel for reinforcing lessons learned in the classroom, offering students the opportunity to apply academic skills in a real-world context, and are thus considered part of a well-rounded education.

230 Grade 7 students joined the St. Hugh's High school family in September of this year (2022) and now have opportunities to enjoy sporting activities such as Netball, Lacrosse (2022 Champions), Tennis, Swimming, Track and Athletics. There are also cultural and creative programmes such as Drama, Dance, Music, Choir (All Together Sing). Students can expand their network, knowledge and skills through activities such as the Key Club, School Challenge, Science and Technology, Language Clubs (French, Spanish etc.) and Schools Christian Fellowship. One of the more popular ones is the Media Hub Club which is featured in this Newsletter.

HIGHLIGHTING ST. HUGH'S



The Media Club

The Media Hub currently has 23 members and is facilitated by Mr. Revon Campbell who has been working at the school for over 8 years as the School's Systems Administrator. The Club caters to students in Grades 10 through 13, however, students in Grades 12 and 13 make up the majority of our membership as they do Digital Media as a CXC Subject. The Club meets on Thursday afternoons where they plan activities and learn and apply various aspects of media technology. The aim of the Media Hub Club is to "empower and teach students about various aspects of media". They support other school activities whether it is through taking pictures, setting up audio visual equipment and through graphic design. The Media Hub also facilitates Monday morning devotions by assisting the school in setting up the P.A. System and ensuring that the audio and audio visuals equipment are operating effectively.

In His words:

My main role at St. Hugh's High School is to ensure our internet and computing infrastructure are at a 90% running level on a day-to-day basis. I am also the House Father for Landale House (Orange House). I love St. Hugh's High School and I always try to impact the young ladies in a positive light. The club has been running for 8 years now and I have been the facilitator for 5 of these years"



Mr. Revon Campbell

All students are encouraged to join and participate in at least one extracurricular programme during their years at St. Hugh's. Their involvement leads to long-term social and personal development as students progress through the grades. Their interests are expanded and leadership skills are built. As a result, as adults, St. Hugh's students continue to prove that they can maintain their commitments, manage their time, prioritise and make meaningful contributions to society.

Written by: *Dr. Paulette Dunn Pierre*

HIGHLIGHTING ST. HUGH'S

All Together Sing!

Season 16 of *All Together Sing* saw the inaugural debut of the St. Hugh's High School choir on the program. The swan sisters continue to perform well and have thus far made it to the top 6 schools. So far they have performed renditions of familiar tunes such as Never Enough (Greatest Showman) (Week 1), Believer (Imagine Dragons) (Week 2), Wade in the Water (Negro Spiritual) (Week 3), Folk Medley (Week 4), Smile Jamaica Medley (Week 5) and Sweetest Song I Know (performed by Armor Music) (Week 6).

They began competing against 10 other schools including past competition winners Old Harbour High School and Manchester High School.



**SHHS
choir
in
week 3**

As the competition goes, each choir performs a song that suits a given theme, after which each of the three judges issues feedback and a score out of 100 points. The average of the scores is taken and the final score placed on a leaderboard. The school with the lowest number of points in a given week is eliminated from the competition. This differs from years past where the public voted for their favourite performances and schools, and the school with the most votes each week would continue on and ultimately win the competition. Should the judges choose to, an eliminated school may be asked to return to the show using an option known as the Golden Note.

HIGHLIGHTING ST. HUGH'S



**SHHS
choir
in
week 5**

The SHHS choir is not new to the stage. In years past, the choir has participated in, and garnered numerous awards from multiple local cultural competitions and musical programs.

It should be noted that though this is the debut of the choir on the program, SHHS Alumni Joy Simons Brown has been a judge on the program for the past 8 seasons, providing constructive and encouraging feedback to choirs that make the journey to and through the ATS seasons. Joy's involvement in music and music education remains an enriching element on the program.



We continued to follow our swan sisters' journey throughout the competition to the finale.

They made us proud, placing fourth in the competition; the only all girls and Kingston based school left standing in the top five.

All Together Sing airs live, locally on TVJ and 1 Spot Media, on Sunday nights at 8pm local time. The program is re-broadcast on Tuesdays at 5pm local time and may be watched on-demand on the 1 Spot Media platform.

*Outside of the island, the most recent broadcast can be viewed for free, but the platform otherwise requires a subscription to watch past episodes. The program is available on desktop and as an app on any mobile device**.

Written by: *Zava Brown*

MOVERS AND SHAKERS

Winner of Distinguished Past Student Award 2022



Annie Rose Kitchin

Jamaican
chapter honors
a former French
teacher from St.
Hugh's

Congratulations to
Tiffany Butterfield who
recently graduated from
the university of the
West Indies with a PhD.
in Microbiology!



Dr. Tiffany Butterfield
PhD. in Microbiology
Class of '01

MOVERS AND SHAKERS

It's not very often that one of our Swan Sisters become a distinguished author, which is even more reason why we wanted to celebrate Dr. Denise Williams!

Dr. Denise A. Williams is an Executive Coach, Licensed Psychotherapist, Adjunct Professor at NYU, and Author, who guides clients to assess their internal strengths, and address challenges, in order to achieve personal and professional goals.



*Dr. Denise Williams, Ed.D., LPC
Class of '77*

As supplement to her career, Dr. Williams earned a doctorate in Organizational Leadership from Columbia University, researching into the lived experiences of Black female executives. Rather than adhering to the age-old standards of leadership that are mired in male, Eurocentric values, Williams found that many Black women leaders carve out an authentically, unique way of achieving greatness, influencing, and bringing others along.

A career shift occurred when Williams realized that individuals were often discouraged from bringing their whole selves to the workplace. Williams' observation led her to become a licensed psychotherapist. Now, she integrates a background of developing leaders with a richer understanding of human behavior to form a holistic strategy for helping clients increase their impact.

Wellspring of Words draws on science, psychology, and the Scriptures to reveal the extraordinary power that exists in our words to bring health or harm to the human mind, body, and spirit. It offers readers motivation and a step-by-step roadmap to positively transform their life.

Wellspring of Words Excerpt:

The scriptures declare that “pleasant words are as an honeycomb, sweet to the soul, and health to the bones”. When I first read these words, I was mesmerized. For some reason, I was surprised and pleased that the scriptures from thousands of years ago were stating something that science has fairly recently confirmed. The thought that pleasant words bring us joy and health, suggests that when we choose to use words that are kind, gentle, considerate, good-natured, tender, warm, and in other ways pleasing, we feed our souls, we nourish our minds, we attract good health, and add quality years to our lives.

This verse also suggests that this outcome is true whether we speak pleasant words to ourselves through our thoughts, or to others. After all, we may use our words to communicate or express thoughts, ideas, emotions, or other types of information to others... and to ourselves.

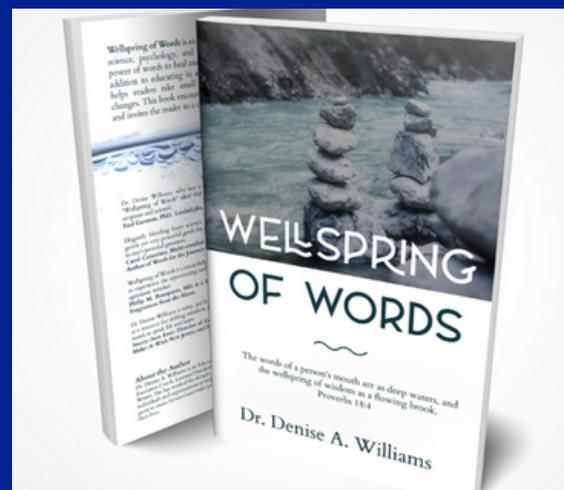
MOVERS AND SHAKERS

After meditating on this verse for a while, two questions kept recurring:

- 1) How is it possible that pleasant words give us good health and joy?
- 2) How can I develop a habit of consistently choosing words that bestow good health and impart life?

My search for answers to these questions led me to the lessons, observations, and necessary actions that I will share throughout the pages of this book.

When I decided to conduct this research, I noticed the affinity we humans tend to have for dousing our dreams, our ideas, our plans, and even our hopes, with doubts and negative words. My sister calls those people, ‘dream killers’. For example, you may have an idea to do something grand, seek out a new destination, pursue an interest, or create a work of art. The idea might not be fully baked, and yet, in your mind, you can imagine the successful end of your dream. So, you begin to vibrate... then bubble with excitement. You cannot wait to share it with that one person who will help your idea soar on the wings of their encouragement, because all you will really need to propel you forward is for someone to tell you, “yes, you can do it”. So, you share your idea, and your excitement, and then ‘splaaaaat’! They kill your joy with words like, “*I don’t think that’s a good idea*”, or “*you can’t do thaaaat!*” It does not matter what they try to say after they notice the excitement draining from your face, or the enthusiasm vanishing from your voice. Also, you are often not able to erase the impact of those initial words that tried to squeeze out the life from your idea. Instead of saying, “you’ve got this,” or “I believe you can do this”, or other words to cheer you on, they spread their doubts and fears onto your hopes and dreams, and you’ve just let them.



They have thrown water on the passionate flame of your ideas. In that moment, quite possibly, they are seeing your ability, your determination, or your motivation, through the lens of their own bias or their own fear. Who are these people? Are they the ambassadors of doubt that we have accepted into our lives? Are these the naysayers or dream killers who have convinced us that only they know what is best for us and only they can see clearly what lies ahead for us? I believe many of them may want the very best for us, although it is hard to tell from the words they use.

Yet it’s not only ‘they’ who talk us out of our aspirations. We also kill our own dreams. We spoil our own hopes and dampen our own joy. Maybe something happened in our lives, maybe someone said or did something terrible to us. Maybe we were abused, betrayed, bullied, discarded, or otherwise mistreated. Maybe someone left us feeling inadequate, defective, or questioning our self-worth. Whatever the cause, we developed a narrative that slithers in and out of our consciousness, like an insidious recording on auto replay, “I’m not good enough”, “I’m not pretty, or thin, or smart, or rich, or [fill in with the word you have used -----] enough”, “I’m not as good as those others”, “I can’t do thaaaat”.

If this is your pattern, it does not have to be this way.

REMEMBRANCE

Swans we lost this year



Donna Levy-Lindsay
May 18, 2022



Ruth Gallant
October 28, 2022

IN



MEMORY



Michelle Naylor
(Edwards) Class of '76
November 1, 2022



Maxine Denton
Class of '79
July 24, 2022



Khalia Williams
October 2022

CONTACT US

We would love to hear from our Swan Sisters and supporters.

New members are also welcome. You may reach out to us at our email address shown below.

Together we can do great things for our Alma Mater!

 shhsaacan@gmail.com

 St Hugh's High School Alumnae

EDITORIAL TEAM



Carol Tai-Pow



Dr. Paulette Dunn-Pierre



Zara Brown



Maraye Bonner



Paulette Tenn