



# AD ASTRA PER ASPERA

## Immaculate Conception High School Alumnae Association Toronto Chapter



VOLUME 6, NUMBER 1

MARCH 2011

### SPECIAL POINTS OF INTEREST:

Sister Angella's Message

Backpacking with a purpose

### INSIDE THIS ISSUE:

President's Message 2

Sister Angella's Message 3,5

Up Coming Events 4

Backpacking with a Purpose. 4

Announcements 7

This is what your missed 8

# Remembering Denise

Denise Narcisse-Mair Bishop, ICHS Alumna and daughter Beryl and Leonard Mair in Kingston Jamaica. Attended ICHS and was taught music by both her mother and the legendary Aunt Lisa Narcisse.

Denise achieved an outstanding reputation as a conductor, clinician, and adjudicator in the choral field. Having graduated from the Royal College of Music in London, England – which she attended as Royal Scholar– she went on to post-graduate studies at London University and the University of Toronto.



Denise was a conductor 1980-1 of the Bach-Elgar Choir of Hamilton and taught choral music at the Royal Conservatory of Music, University of Toronto, Queen University and McMaster University. She also appeared on television and radio here in



**Denise Narcisse-Mair Bishop**

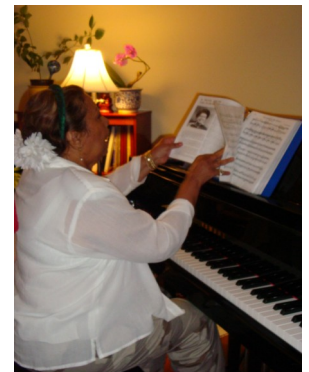
Canada, Germany, England, France and Scotland.

In recent years, Denise developed a series of lectures and workshops "The Body, The Mind, The Voice".

She was often invited to attend our luncheons where she would demonstrate her ability to entertain us with humour and wittiness. You may recall her famous "Shoe Lecture"



on the true meaning of wearing various shoes. It is always a delight to hear Denise perform and sing for us on these occasions. On June 8th, 2010 Denise was called to be with the Lord. Her legacy will always live on through her



Students, friends and family members. She leaves behind her husband Craig, daughter Tanya, son David, sister Marlene and brother Brian.

Denise's final words

"My Requiem Farewell" "Having expressed myself through the medium of music, during my life, I now see it as only fitting to express my farewell through the same medium. I love you all. I go now to Jesus, Mary and My God. May you all come to know his love, and his mercy, as I do."

# President's Message



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

March, 2011  
Volume 6. No. 1

I.C.H.S. Newsletter

Editorial Staff  
Heather Bubb-Clarke

Yvonne Lyew                      Membership

I.C.H.S. Executive Committee 2006-8

Annette Wong	President
Sadie Wong	Vice President
Yvonne Lyew	Treasurer
Cathrine Sani	Assistant Treasurer
Jacqueline Lue	Corr. Secretary
Alicia Martin—Marr	Asst. Corr. Secretary

Floor Members

Heather Bubb-Clarke	Nicole Lyew
Jennette Chin	Michele Lym
Novelette Hart	Susan Read
GLoria Ho Shue	Donna Rutty
Tanya Hugh	Sylvia Tavares
Francine Leung	Ina Williams

<http://www.jaweb2.com/jaalumni/ichs/fichs.html>

## New Committee Members



### My Dear Fellow Alumnae,

This is my final message as President of the Association as the new Executive was voted in at our Mass and Potluck Luncheon on December 5, 2010.

Since I have already summarized our accomplishments in my last message, I will not revisit it.

I will however, once again, thank the outgoing Executive for its wonderful work and support. I also wish the incoming Executive, under the capable leadership of our new President, Annette Wong, continued success in the never-ending quest to help our Alma Mater.

For me, the most memorable contribution that our Association has made in recent times is our latest venture that demonstrates the true meaning of the "Power of One". In response to a petition received from Amanda Anderson, mother of Justine Anderson, recipient of our first Sr. James Vincent Award, the Association, members Lorraine Chung's Graduating class and my family sponsored a deserving student so that she could "take one step closer to realising her dream". Together we provided the funds to pay her tuition, purchase her books and uniforms enabling her to enter 6<sup>th</sup> form thereby paving the way for her future. Over the years, we have assisted many students, but have never known whether or not our help really made a difference in their lives. Our actions, based on that petition, resulted in the following email from Peter-Gay Rowe (see page 3). Thanks to our membership for making this possible.

Sincerely  
*Cathrine (Katy) Sani*

### "My fellow alumnae,

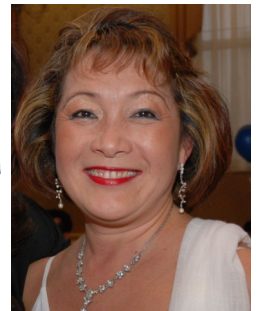
It was with great humility and a great sense of anxiety that I accepted this role as your President of our noble association on December 5, 2010.

I don't know that I can adequately fill the shoes of our past Presidents but will endeavour to follow their lead. I know I will only be successful with your steadfast support in our continued mission to serve our beloved Alma Mater.

I would like to foster the strong bonds of friendship and love which were instilled as part of our spiritual development to empower us to tackle the many challenges in our world today. I would like to encourage a more active membership whereby there is participation in various activities to build camaraderie amongst our alumnae and promote charitable giving within our community.

I would like to thank Cathrine (Katy) Sani, our past president and the other members of the hardworking executive for their diligence and guidance. Your tireless efforts are needed more than ever to making our 2011 dance a huge success in order to fulfill the many needs of the School—so please go out and sell those tickets!! I look forward to sharing a hot hot Carnival Fever with you all on April 30, 2011.

*Warm regards,  
Annette*



New President



## Sister Angella's Message

Greetings to all of you, gathered in the name of Immaculate Conception High School and in support of this wonderful institution. On behalf of the members of our school I thank Annette and the rest of the team for agreeing to continue the work of keeping ICHS alive in the hearts of so many in Toronto.

Here in Jamaica, ICHS is alive, and I daresay well, in spite of the many challenges and complexities of today's world.

### SPORTS

We are still the school to beat in both swimming and lawn tennis. We won the ISSA swim meet held in November and are defending champions in the Mayberry Swim meet to be held on Friday, April 8. Four of our swimmers will represent Jamaica in the upcoming CARIFTA games.

I am completing my sixth year at ICHS and every year our students have brought home the trophy for the top school in lawn tennis. There were many years of success prior to this. This week a team of about thirty students will participate in the Boys and Girls Track and Field Championship. Last year we placed 14<sup>th</sup> out of 104 girls' teams. This year we began a period of rebuilding after our coach of 21 years left us to join the staff of a private school. Execution of our three-year plan will see us in the top 6 schools in 2013 and participating in the Penn Relays. Our students also participate in netball, football (soccer), table tennis and hockey.

### SPORTS DAY – FEBRUARY 18, 2011

Just to refresh your minds, the seven houses are Franciscan, St. Joan of Arc, St. Clare, St. Tekakwitha, St. Rose of Lima, Immaculata, Davidica. I do not want to ruffle any feathers so let me begin by saying that I am sure that if I had the records handy, I would find that each house has come first at least once on Sports Day. This year Tekakwitha placed third, Davidica second and the victors were St. Clare. Tekakwitha has been yelling to all who will listen, that they will be winners next year. I will keep you posted!

### PERFORMANCE IN CSEC EXAMS 2010

Subject	PASSES							% Pass
	Sitting	One	Two	Three	Four	Five		
Biology	152	71	62	19			100%	
Caribbean History	86	28	38	16	4		95%	
Chemistry	131	72	45	13	1		99%	
English (A)	224	206	18	0	0		100%	
English (B)	244	223	19	1	1		99%	
Food & Nutrition	23	19	4	0	0		100%	
French	10	5	4	1	0		100%	
Geography	24	7	13	2	2		92%	
Mathematics	210	152	39	18	1		99%	
Physics	123	81	32	8	2		98%	
Prin. of Accounts	47	33	9	4	1		98%	
Prin. of Business	83	40	36	6	1		99%	
Spanish	245	79	115	43	7	1	97%	
Visual Arts	24	5	12	7			100%	
H&S Biology	54	40	12	2	0	0	100%	
Information Tech.	244	156	80	8	0	0	100%	

Continued on Page 5

Dear Mrs Sani,

My name is Peter-Gay Rowe and I am the grateful recipient of the Toronto Chapter of the Immaculate Conception High School Alumnae's generous and greatly appreciated scholarship. With this letter, I hope to convey mine and my family's most profound of thanks to you and those of the Toronto Chapter of I.C.H.S Alumnae, who helped me to take one step closer to realising my dream, of becoming a Neurosurgeon through the paying of my school fee.

I can assure you that I will do my best to live up to the standards of a student deemed worthy of your consideration and aid as were it not for your help, sixth form would have been a rather costly venture.

Thank you once again for covering my school fee and I look forward to supplying you with termly reports of my performance. Yours Sincerely Peter-Gay Rowe.



# Upcoming Events



**Families & Friends!!**  
**Please join us for an Old Fashioned Picnic**  
 Alpha Academy Alumnae Assn  
 Immaculate Conception High School Alumnae Assn  
 St. George's College Old Boys Assn

**Sunday August 7th, 2011.**  
 10:00am to 8:00pm  
**Milne Park**  
 Lakeview B / Shelter Area  
 Located on McCowan Road  
 South of Highway 7  
 Markham, Ontario, Canada  
 RAIN or SHINE

## Graduating Class of '71

Lordy Lordy it's already 40 Ladies, can you believe it is 40 years since we did the walk? The Graduating Class of '71 is holding their reunion in Jamaica

the week of November 5th, 2011

This is open to all 1970, 1971, 1972 graduates, their friends and family

For details, please contact  
 LorraineChung  
 JamaicaCell 876-564-0754  
 From the U.S. 561-290-4749  
 From Canada (leave message) 647 722 8763

e-mail: [teknopez@rogers.com](mailto:teknopez@rogers.com)

## "Backpacking with a purpose"

Interviewed by Susan Read

**Lindsay Leung is the daughter of Francine (Ho Shue) and Alan, and grand-daughter of Gloria and Ed Ho Shue. She is a 3<sup>rd</sup> year student in the Geography and Environmental Management Program at the University of Waterloo. She recently travelled to Guatemala with "Operation Groundswell". She is also this year's recipient of the ICHSAA-Toronto Chapter's scholarship award.**

### What is "Operation Groundswell" and how did you hear about it?

I heard about it through a friend. Operation Groundswell is a Canadian non-profit organization started in 2006. Its motto is "backpacking with purpose". Participants are exposed to the harsh realities of the developing world, the social and environmental issues of the areas we are visiting, in part through lectures and talks given by various speakers, and also through living with host families, and working on various projects throughout the country. The trips are 6 to 8 weeks long, and take place in Guatemala, East Africa, West Africa, India, the Middle East, and South-east Asia.

### What kind of projects did you work on?

We taught English, mostly conversational, to kids in schools, and in the evening to adults. The local people speak Spanish or their indigenous language, but many have minimal English and they want to improve it. We spent several days planting coffee trees. This was quite hard work, because you have to dig a hole through the volcanic material to get to the underlying soil, using these special scissor-like tools. The trees were about 1-1.5 feet tall. We also worked in plant nurseries, planting seedlings, and we learned how to weave the native textiles. Because we were in Xela after a particularly heavy and unusual rainfall, we also spent a lot of time helping people to dig out their homes from mud, so they could move back in.

### Tell us more about the mudslides.

Much of Guatemala is volcanic, and many of the communities are built close to dormant and even active volcanoes. The heavy rainfall filled a volcanic crater to overflowing, and the excess water overflowed

Cont'd Page 6



2010 SCHOLARSHIP AWARDEE  
 LINDSAY LEUNG (RIGHT) AND  
 KATY SANI PRESIDENT.

## Sister's Message Continued.

The results of CAPE (Caribbean Advanced Proficiency Examinations) were also impressive. Monique Hope placed first in Jamaica for her performance in CSEC Biology and Sonam Khemlani placed first in Physics. Many students placed in the top five in most subjects.

### CHALLENGES, NEEDS AND PLANS

#### Sixth Form Size

When we have a graduating class of 240 performing well in external examinations it is very difficult for us not to accept them to the Sixth Form programme. Over the past three years we have allowed our numbers in Lower Sixth to swell to the 199 it is this year. We have 153 young ladies in Upper Sixth. I do not think any school has a Sixth Form as large as ours. And believe me, it is a challenge to have such a large Sixth Form because students who should be role models for the rest of the student body, too often fall short of expected standards of conduct. Only careful preparation and training can ensure the results we want and we are working on that.

#### Science Labs

We have 9 Science labs and that is still not enough to ensure that our budding scientists are given the best opportunities. One Physics lab is in need of equipment and our 3-year plan includes the creation of two more Science labs.

#### Technology

Only about 30% of our 90 teachers incorporate technology in their lessons on a regular basis. Our school improvement plan will see the number increasing to 50% in year 2 and 80% in year 3. This will of course mean i) a focus on training teachers and ii) having adequate resources available to teachers

#### Technology from Another Angle

I sometimes close my eyes and think about the school and the classroom of say fifteen years ago. Apart from perhaps the overhead projector and the VCR, it was pretty much void of technology. I continue to be amazed by the fact that students cannot fathom life without a cellular phone, Facebook and everything else that the world of the internet offers, music with lyrics that only they can hear because they are 'plugged in'. It is a virtually unrestricted and uncensored world and this has created perhaps the greatest challenge we face as educators. It is a struggle to try to instil and to maintain values that are more often than not in tension with what they encounter through these modern avenues. We have to have a systematic and deliberate approach in trying to nurture them and we intend to do this with the help of our home room teachers.

We continue to be strengthened by the support of you faithful alumnae and friends in Canada. I hope I have succeeded in opening up some of ICBS to you and allowing you to get a better feel of how you are able to help.

Peace and every good!



down the side causing flooding and tremendous erosion, and terrible landslides and mudslide. The mud and debris flowed down and over and into everything, in some places 3 feet deep inside houses. It was interesting to see the difference in the amount of damage in which communities experienced as a result of this one storm. Some areas lost an entire year’s harvest of coffee beans while others only suffered minimal damages.

One reason that some of the damage was so bad is that there are whole areas that are planted with only a single crop, such as coffee, and there is not enough variety of plant material to stabilize and hold the soil in place. It was very sad to see. The mudslides also wiped out roads, making some places completely inaccessible and we had to change our plans for visiting some of those mountainous areas.

#### **Who decided on the projects that you worked on?**

We had two trip co-ordinators that were hired by “Operation Groundswell”. They were responsible for organizing and co-ordinating all of our volunteer projects since both of our leaders had previously spent a significant amount of time in Guatemala. It was because of the relationships and connections they had that made this trip such a rich experience.

#### **What did you eat?**

We ate the local foods, such as corn tortillas, refried beans, avocados, plantains and bananas. We drank bottled water, and a locally produced “instant coffee”, which is actually a by-product of the local coffee. Actual locally grown coffee is very expensive and is generally exported.

We also tried deep-fried ants, which are considered a great delicacy and quite expensive in the market. The ants are black, winged and about 2 cm long. Our host father caught and deep-fried them, then sprinkled them with salt and lime. I ate one, which I documented very carefully with my camera(!) but my partners, and our host’s children enjoyed a huge plateful. They taste like toasted shell, sort of like popcorn.

#### **You visited urban and rural centres. Are they very different?**

The cities like San Juan and Antigua, are fairly modern, and have buildings that are Spanish-looking. The people everywhere are very friendly. What was very striking was the difference between urban and rural poverty. We visited a remote village called Nahuala, and the malnutrition in the people was very marked. The government has instituted different projects to help people but I don’t think these are very effective. For example, they encourage people to raise egg-laying chickens, but the people have to purchase a special (and expensive) feed for the hens to encourage them to lay lots of eggs. But then, there is no way to get the eggs to market to sell, because the area is remote, and everyone else in the area also produces eggs, so there is no local market for the eggs. Another example is the growing of potatoes and beans using drip irrigation. Again, the people have no access to markets to sell their crops.

#### **How has this experience changed your view of the world, and the relevance of your studies at university?**

I saw so many connections of my studies to the real world, and the effects of climate change. I gained some hands-on experience of how deeply weather affects communities, how they are trying to help themselves, and how effective some of these measures are. I was so encouraged by the work of a local Co-op, “As green as it gets”, in San Miguel. They encourage and practise intercropping of coffee with avocado, corn, jocota (a kind of small plum) and castor beans, which reduces erosion and stabilizes the soil. When the heavy rains came, these farms were not wiped out or as badly affected as some of the others where intercropping was not the norm. It makes me very hopeful for the future, that co-ops like this can make a difference.

This trip was such an eye-opening experience. I gained a better understanding of the social and environmental issues in the developing world and have an even greater appreciation for my life here in Canada and the opportunities I’m given. This experience has also made me realize that I have a passion for learning about the world and a desire to share my experience, which is why someday I want to become a teacher more than ever.

#### **What other interesting things that you saw or did, would you like to share with us?**

There are so many things! I was mistaken for Jackie Chan’s relative almost everywhere I went. People were convinced that I was Japanese, and I had to explain numerous times that I was Canadian.

Several times I had a “shower” from a pail.

I learned to make corn tortillas from scratch. Every family has their own recipe. I will try it here, as soon as I find a source of the dried corn or masa (cornmeal). It has to be the right kind.

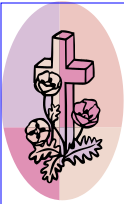
We talked to ex-combatants of the 36 year civil wars, and hearing their stories of torture and hardship was harrowing, but also fascinating.

We took a 9-hour bus trip to Tikal to see the spectacular Mayan ruins, on a local bus. In retrospect, paying an extra \$20 to ride first class would have gotten us a more comfortable and cockroach - free ride.

**Remember to Pay your  
Membership Dues of \$25**

**Dedication of the Dr Herbert Ho Ping Kong Centre for Excellence in Education and Practice (CEEP) His wife, Dr Barbara Ho Ping Kong (formerly LEE - Class of '60)**





# Announcements

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

**Claudette Cecile Archie nee Lyew**—Feb 6,2011

**Richard Andre Burke** - 19Apr10 -Lorraine Chung's brother in Florida



*Ruby Blanche Chung  
October 10, 1914 - April 2, 2010*

**Ruby Blanche Chung** - (nee Ho Lung), better known to everyone as "Miss Ruby", was born in Kingston, Jamaica, the daughter of the late Philip and Mary Ho Lung. She married Ernest Chung (deceased) in Richmond, St. Mary on November 5<sup>th</sup>, 1933 and operated a business, Vineyard Grocery. well known to Jamaicans for her famous three-cornered patties. She leaves her family of eight children – Yvonne (Vincent (deceased), (Gerry), Phyllis (Michael), Nicky (Jackie (deceased), Avery (Edmond), Penny, Philip (Florida), Jeffery (Pamela) and Bridgette (Gregory). She will always be remembered for her warmth and friendliness and especially by many of our members for her hospitality whenever we met at Yvonne's home for the many choir practices, especially for the luncheon in honour of the late Lisa Maria Narcisse. The choir was conducted by the late Denise Narcisse-Mair Bishop.

**Vyjuly (Vie) Chang neeWee Tom**– January 7,2011

**Carol Anne Garel nee McPherson**– Jan 24,2011 - daughter Saskia (Steven), son Matthew (Joanna) and grandchildren.

**HO-SHUE, Anthony Carl (Tony)** - Passed away suddenly on February 20, 2011. Anthony Carl Ho-Shue, in his 46th year, was the beloved husband of Jennifer. He will be missed by his 2 children Jason and Katie, parents David and Ruby, sister Carol (Wayne), brother Robert (Nicola), aunties, uncles, nephews and nieces.

**Bruce Jue** - July 7th 10- Sylvia Chung's husband

**Lucy Isabel McPherson** - 17Oct10 - Carol Garel's mom

**Faye Tenn** - 14Sep10 -Tanya Hugh's mom.

**Lucille Watt**—Feb6,2011 Lucille was the one of our oldest member.

**Raymond Wong Chew Onn** - September 24th - under tragic circumstances in Jamaica—son of Ed & Jenneth (Cutie) Wong Chew Onn; oyce Chin's nephew. Julie Wong Chew.

**Ella Young** - July 16th - mother of Gerry Young-, Madge.



**Congratulations to Lily and Edward Mah-Lueng on your 50th Anniversary**



## Births - Welcome to:



"Donette Chin-Loy welcomes new step grandson, Lucas Cole Chang Addorisio, along with grandfather, Ray Chang. Parents of Lucas, Brigitte and Anthony, are elated. Lucas is brother to Savanna

**Congratulation** to Nicole Lyew on the birth of her Grandson Clayton Xavier born on Sept 4, 2010 to Nicole son, Francis and Kathleen Lyew.

## SCHOLARSHIP GRANT FOR CANADIANS

Applications are sought from children and grandchildren of dues paying members of the ICHS AA Toronto Chapter who will be, or are, currently attending a tertiary institution in Canada.

Consideration will be given to persons who are well rounded – in athletics, academics and community involvement.

The award will be granted to a person who the panel of judges feels will make a meaningful contribution to society.

All applications are reviewed by an independent selection committee.

Applications, which may be downloaded from our website, are available from any of our Committee members. You may also request a copy by contacting us at our Email address: [ichsaatoronto@gmail.com](mailto:ichsaatoronto@gmail.com)

Deadline—June 30, 2011



Immaculate Conception High School Alumnae Association  
(Toronto Chapter)

*Welcomes You to*  
**Carnival** *like no other*  
*a tradition*

**Saturday, April 30, 2011**

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

**Music: by DJ "Sunshine Sound"**  
**Contribution: \$50 per person/non refundable**  
**Dress: Casually Elegant**      **Doors Open: 6:30 P.M.**  
**Dinner Served: 8:00 P.M.**

For Tickets call:

Yvonne Lyew	905 305 1727	Ina Williams	416 299 0031
Katy Sani	905 470 5990	Annette Wong	416 238 7920
Sadie Wong	905 294 5113	Donna Rutty	905 796 6206

.....  
: This Is What You Missed At Our Last Dance :  
.....

