



January/February/March 2002
Volume 1, Issue 3

Inside this Issue

- 1 Coach of the Year: Noel Cyrus
SVGNA - School Supplies
Calendar of Events
- 2 Grenada's Independence
St. Vincent's Carnival 2002
Band Launching
- 3 National Insurance - St. Vincent
Minister of Education Visits D.C
Reminder
HIV/AIDS - A crisis
Condolences

The Executive Board

President

Lennox J. Simon

Vice President

Albie Crick

General Secretary

Barbara Fergus

Treasurer

Lynette "Bonnie" Andrews

Public Relations Officer

Leonard Crichton

Recording Secretary

Brenda Simms

At-Large Members

Omegah Fair

Ex-Officio member

A. Bert Davy

The St. Vincent and The Grenadines
Nationals Association of
Washington, D.C.
Post Office Box 2250
Washington, D.C. 20013-2250
Svgnadc@aol.com
301-218-0085

Hairouna Times

A quarterly newsletter from the St. Vincent & The Grenadines
Nationals Association of Washington, D.C.



He has found his niche!

This is indeed an understatement about Noel R. Cyrus, the younger brother of Vincentian Entertainer,

Alston "Becket" Cyrus. Noel is recognized for his talent as an outstanding Coach, Teacher and Mentor at his alma mater, Ballou Senior high school, Washington, D.C.

Noel R. Cyrus, was born in Layou, St. Vincent & The Grenadines. He attended Layou Government School, Barrouallie Secondary School and later Bishops College, Kingstown, before migrating to the United States in August 1976, where he attended Ballou Senior High School in Washington D.C. After graduation, he attended Frostburg State University in Maryland, where he received many honors including, All American in Soccer and Track and Field, and All Conference in Soccer and Track and Field for four years. Mr. Cyrus was inducted into the Frostburg State - Bobcat Hall of Fame in 1989 as the University's first two-sport All American. He graduated with a degree in Business Administration and Marketing.

After graduation, he followed a path that eventually led him to his current job at his Alma Mater, which he believed to be "God-sent." At Ballou Senior High, he is not only a teacher, he is the Athletic Director, Head Football (American) Coach, and Head Track and Field Coach. Mr. Cyrus has proven that he is talented, as he is capable. He was named Head Football Coach in 1998

Vincentian Named Coach of the Year



and has helped his team improve its winning record and gained its first entry in the Turkey Bowl. He has also lead his American Football team to the Championship in 2000 and the playoff in 2001, making it the first time Ballou Senior High School has gone to the playoff in consecutive years.

For his efforts, Mr. Cyrus received numerous awards, including the Washington Post Metropolitan Area Track and Field Coach of the year in 1992, 1996 and 2001; and the Eastern USA regional Track and Field Coach of the year in 2001. He has lead his Track and Field team to eight (8) District of Columbia Interscholastic Athletic Association (DCIAA) Indoor Championships, and eight (8) DCIAA Outdoor Championships and one (1) Cross-Country Championship. Mr. Cyrus is a mentor to his students; a role he takes seriously. He provides spiritual, social, financial and other assistance to his students. He believes that a student should not be denied an opportunity to be his or her best. Most of the students that have participated on Mr. Cyrus's track and Field team have gone on to colleges or universities, and this includes Vincentian born students. Mr. Cyrus resides in Washington, D.C.

The St. Vincent and the Grenadines Nationals Association of Washington, D.C congratulates Mr. Noel Cyrus on his outstanding achievements and wish him continued success in all his endeavors.



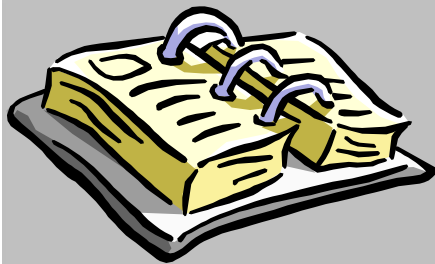
SVGNA Sends School Supplies To St. Vincent

The SVGNA Education and Charities Project recently sent a shipment of school supplies to St. Vincent. This shipment ensures the continuance of the Association's commitment to assist seven primary schools in St. Vincent & The Grenadines. This assistance included pens, pencils, books, and other basic school supply needs. **SVGNA recently completed its goal of sending a computer and printer to each of the seven schools.** The selected schools, one from each parish, are: Evesham Government, Sandy Bay Government, Cane End Government, Layou Government, Barrouallie Government and Ashton Government on Union Island. The SVGNA committee began researching the alternatives available to assist schools in St. Vincent & The Grenadines. Coincidentally, in a recent visit to Washington, D.C., the Minister of Education, The Hon. Mike Brown, held a meeting with the Executive Board. (See page 3) He outlined some of the areas where assistance for the schools may be needed, and reminded the group that other organizations/groups are supplying assistance to some of these schools. With that in mind, the Minister promised to provide more specific information to SVGNA indicating where the assistance is most needed. At the same time, Mr. Godfred Pompey, SVGNA's point of contact in St. Vincent & The Grenadines, confirmed that the school supplies have all reached the intended schools. SVGNA extends a sincere **thank you to Mr. Pompey** for his continued assistance in clearing the shipments through customs and distributing them to the targeted schools and congratulates him on his new assignment.

Stefmus Productions Band Launching

DC Carnival 2002, 10th Year, June 22 – 30th. Parade June 29th. **Shades of Heru**, Band by Vincentian Kenley "Shortmus" John, launches on Sunday April 21st, 2002, at The Crossroads.

Calendar of Events 2002



- ✘ **May 4--Bus Ride to Atlantic City**
The bus leaves Carter Baron (16th and Kennedy Streets, N.W.) at 7:45 a.m and returns at 10:30 p.m.
- ✘ **May 11--SVGNA Annual Meeting**
Election of Executive Board members and appointment or volunteer to chair and/or serve on various committees.
- ✘ **July 20--Annual Moonlight Cruise**
The Spirit of Washington. Pier 11, Washington, D.C. Get tickets early!
- ✘ **August 25--Annual Family Picnic**
Rock Creek Park, Lot #6.
Please park only in designated areas!
- ✘ **Oct 20--Independence Church Service.** Holy Comforter Church
7th & Oglethorpe Streets, N.W,
Washington, D.C.
- ✘ **Oct 26--Independence Dance**
Hall of the Americas, Organization of American States
17th & Constitution, Washington, D.C.
- ✘ **Dec 14--Children's Christmas Party**
Holy Comforter Church,
7th & Oglethorpe Streets, N.W.

For further information call:
Lennox Simon: (301) 218-0085
Leonard Crichton: (301) 322-1917
Omegah Fair: (202) 269-0466

SVGNA Congratulates Grenada On 28 Years Of Independence

The Grenadian Cultural and Social Association recently celebrated the 28th Year of Independence of Grenada. On Saturday, February 16, 2002, a dinner and dance was held at the University of Maryland. The President of the Grenadian Cultural and Social Association, Mr. Allan Alexander, thanked everyone for attending the function and encouraged all to enjoy themselves. Several SVGNA members were in attendance. This event culminated a week of activities, which included a reception at the Organization of American States, and other activities which highlighted the products, both physical and intellectual, which Grenada exports. Grenada gained its independence from Great Britain in 1973.

The Grenadian Cultural and Social Association is a partner with SVGNA for the Annual Moonlight Cruise and the Annual Family Picnic.

St. Vincent's Carnival 2002

Vincy Mas 2002 officially launches May 4, and will mark the 25th anniversary of Carnival in June/July.

Dates to Remember

Miss SVG Pageant...Saturday, June 1
Mas Eruption.....Friday June 28
Junior Carnival.....Saturday, June 29
Calypso Semi-Final....Sunday, June 30
Junior Calypso.....Tuesday, July 2
Clash of the Bands....Wednesday, July 3
Panorama.....Thursday, July 4
Miss Carival.....Friday, July 5
Soca Monarch.....Saturday, July 6
Dimanche Gras.....Sunday, July 7
J'Ouvert & Street Party....Monday, July 8
Mardi Gras.....Tuesday, July 9

For Information:
Carnival Development Committee
Website: www.carnivalsvg.com
Email: cdcsvg@caribsurf.com

HIV/AIDS: A Crisis Facing The Caribbean

On March 16, 2002, the Embassy of St. Vincent & The Grenadines sponsored a discussion: "HIV/AIDS Prevention – Focus on the Caribbean". The guest speakers were Dr. **Ronald King**, District of Columbia Government Director of HIV/AIDS Prevention Services and Mr. **Carl Brown**, CARICOM Representative.

Because of the impact of HIV/AIDS on St. Vincent and the Grenadines, the SVGNA newsletter committee provides the following excerpt from UNAIDS.

"AIDS Epidemic Update: December 2001"

Some 1.4 million people are living with HIV/AIDS in Latin America and 420,000 in the Caribbean.

In Central America and the Caribbean, HIV is mainly heterosexually transmitted, with unsafe sex and frequent partner exchange among young people high among the factors driving the epidemic. Other powerful dynamics are abetting the spread of HIV, notably the combination of socioeconomic pressures and high population mobility (including tourism).

The Caribbean is the second-most affected region in the world, with adult HIV prevalence rates only exceeded by those of sub-Saharan Africa. In several Caribbean countries, HIV/AIDS has become a leading cause of death. Worst affected are Haiti and the Bahamas, where adult HIV prevalence rates are above 4%.

On some Caribbean islands, the phenomenon of young women having sex with older men is especially prominent, and is reflected in the fact that the HIV rate among girls aged 15-19 is up to five times that of boys in the same age group. Research among sex workers in Guyana's capital, Georgetown, has found that 46% of surveyed sex workers were living with HIV/AIDS, that more than one-third of them never used a condom with their clients, and that almost three-quarters did not use condoms with their regular partners. The probability of the virus passing into the wider population is therefore high.

Patterns of transmission can also differ markedly within countries—a reminder that universal national programmes are inappropriate.

Countries' commitment to stem the epidemic and limit its effects has grown markedly.

Several countries have launched or are developing government programmes to distribute antiretroviral drugs to HIV/AIDS patients. But there are wide disparities in the quality and scope of different countries' antiretroviral treatment programmes. Caribbean countries are currently developing a regional strategy to speed up and expand access to treatment and care for people living with HIV/AIDS. Countries such as Barbados and Trinidad and Tobago are preparing to implement new national programmes.

Launched in February 2001, the Pan-Caribbean Partnership against HIV/AIDS, for instance, links the resources of governments and the international community with those of civil society to boost national and regional responses. It is being coordinated by the Caribbean Community Secretariat (CARICOM). On the basis of the Nassau Declaration issued in July 2001, as follow-up to the UN General Assembly Special Session on HIV/AIDS, Caribbean Heads of Government are also devising ways to support each other's national HIV/AIDS programmes and jointly negotiate affordable prices for antiretroviral drugs.

To read the full report, "AIDS Epidemic Update: December 2001", please visit www.unaids.org. For more information on HIV/AIDS, visit www.nih.gov.

Reminder

Monthly general meetings are held the 2nd Saturday of each month, 7:00 pm:
The Holy Comforter Episcopalian Church
701 Oglethorpe St, N.W.
Washington, D.C. 20011

National Insurance Scheme Promotes Investment In St. Vincent

The National Insurance Scheme (NIS) Executive Director, Mr. **Reginal Thomas**, appeared in Washington at a meeting hosted by the Embassy of St. Vincent & The Grenadines on March 23, 2002. He encouraged Vincentian nationals living abroad to invest in St. Vincent's retirement fund, defining the steps necessary to begin and continue this process. He also outlined how Vincentian nationals can benefit from such a fund in St. Vincent.

Education Minister Outlines Education Plans For St. Vincent

Minister of Education, Sports and Youth Affairs, The Honorable **Michael Browne**, was recently in Washington attending events at the World Bank. While in Washington, the Minister and Ambassador John met with members of the Association's Executive Board. Mr. Brown discussed topics related to the Government's plans for secondary education for youngsters, National Heroes' Day and overall education policy. SVGNA Officers were pleased to be updated on the Ministry's activities, and the Association looks forward to continuing its efforts to support the needs of primary school students in St. Vincent & The Grenadines.



The President, Executive Board and members of St. Vincent and the Grenadines Nationals Association of Washington, D.C. extend their condolences:

To Beverly Alexander & family on the loss of her sister, Mrs. **Maureen DeNobriga-Harrison**, who lived in Barbados. She died March 1st 2002. Mrs DeNobriga-Harrison is survived by her husband, Edmond, two children, one grand-daughter, three brothers, two sisters and several Aunts and Uncles.

To the family of the late, Mr. **Donald Beresford Waldron**. Mr. Donald Waldron died March 17th, 2002. He was born in Kingstown, and was an original and founding member of SVGNA. He lived most recently in Hyattsville, Maryland. Mr. Waldron is survived by his wife Annie and his children.

Questions, comments and suggestions are encouraged. This newsletter is for you and we want to provide the information you need. Please contact any member of the executive board, or email SvgnadC@aol.com with any comments or recommendations you have.

A Lemon Pound Cake with Lemon Glaze

Lemon Pound Cake

16 tablespoons (2 sticks) unsalted butter, plus 1 tablespoon, softened for greasing pan
1 ½ cups (6 ounces) cake flour, plus 1 tablespoon for dusting pan
1 teaspoon baking powder
½ teaspoon salt
1 ¼ cups (8 ¾ ounces) sugar
2 tablespoons grated zest plus 2 teaspoons juice from 2 medium lemons
4 large eggs
1 ½ teaspoons vanilla extract

1. Adjust oven rack to middle position and heat oven to 350 degrees. Grease 9 by 5-inch loaf pan with 1 tablespoon softened butter, dust with 1 tablespoon cake flour, tapping out excess. In medium bowl, whisk together flour, baking powder and salt, and set aside.

2. In glass measuring cup or microwave-safe bowl, microwave butter, covered with plastic wrap, at full power until melted, 1 to 2 minutes.

(Alternatively, melt butter in small saucepan over medium heat.) Whisk melted butter thoroughly to reincorporate any separated milk solids.

3. In food processor or mixer, process sugar and zest until combined, about five 1-second pulses. Add lemon juice, eggs and vanilla; process until combined, about 5 seconds. With machine running, add melted butter through feed tube in steady stream (this should take about 20 seconds). Transfer mixture to large bowl. Sift flour mixture over eggs in three steps, whisking gently after each addition until just combined.

4. Pour batter into prepared pan, bake 15 minutes. Reduced oven temperature to 325 degrees and continue to bake until deep golden brown and skewer inserted in center comes out clean, about 35 minutes, rotating pan halfway through baking time. Cool in pan for 10 minutes, then turn onto wire rack and brush or lemon glaze if desired. Cool to room temperature, at least 1 hour. (Cooked cake can be wrapped tightly in plastic wrap and stored at room temperature for up to 5 days.)

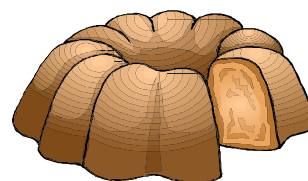
Note: If you are using a cake mixer, you may have to beat and whisk longer than in above recipe

Lemon Glaze

½ cup (3 1/2 ounces) sugar
¼ cup juice from 1 or 2 medium lemons

While cake is cooling, bring sugar and lemon juice to boil in small nonreactive saucepan, stirring occasionally to dissolve sugar. Reduce heat to low simmer until thickened slightly, about 2 minutes. Apply glaze.

To apply glaze after removing cake from pan, poke entire top with toothpick. Use only toothpicks. Brush top and sides of cake with glaze. Cool to room temperature.



Lemon Pound Cake with Lemon Glaze

St. Vincent and The Grenadines
Nationals Association of Washington, D.C.
Post Office Box 2250
Washington, D.C. 20013-2250