

THE ST.KITTS-NEVIS MAGAZINE WITH A DIFFERENCE!

BACK II BACK

ONE PEEK AND YOU'RE HOOKED!

EDITION FIFTEEN

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Kae-Riise Frazer
19.2.82-19.3.10

WE

REMEMBER



Maureen Adams
14.5.58-27.3.09



Benny Hodge
23.2.58-1.11.09



Calvin Howell
21.6.40-9.1.01



Brian Mills
29.12.67-2.9.09



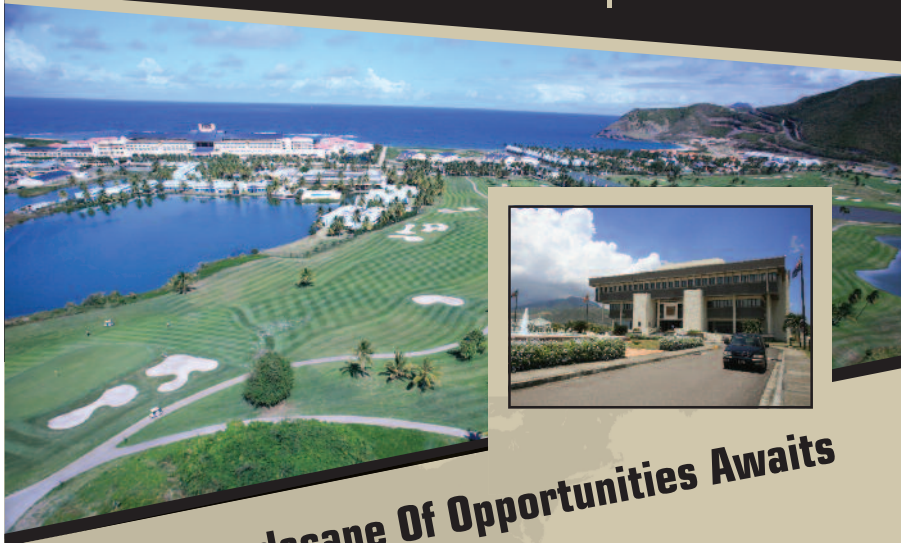
Shea Byron
13.1.79-1.1.08

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Herald Sutton
10.5.66-18.2.07

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COVER STORY:

We remember some of the many individuals that have contributed to the Federation and have now passed over. In this special tribute to them, we take a look back at their lives starting on page 12.

Also we have some new music on the scene and Winston Crooke shows the youths the way to go!

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BACK II BACK

Our Vision is to present thought provoking articles and other literary writings to our readers. We hope that this magazine will give news and information so that when both sides come face to face the challenges can be comprised and enhance the collective view. We believe “SUCCESS BELONGS TO THOSE WHO PREPARE FOR IT!”

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Editor's Note



Hi Readers, well here we are once again with your favourite features, our main feature for this edition is dedicated in memory of a few special people that have made a mark in someone's life but unfortunately are no longer with us. This edition entitled "We Remember" celebrates their life and we look back on the outstanding achievements and performances these individuals have made in the Federation of St. Kitts and Nevis.

"We Remember", Maureen Adams, Shea Byron, Benny Hodge, Calvin Howell, Brian Mills, Kae-Riise Frazer and Herald Sutton.

And the many more outstanding men and women in the Federation who are no longer with us.

We also have some new local artists in the making, check out Kittitian's own rap artist Dagah, and hip hop sensations Black 'n' White. Not forgetting Nevis, where we see reggae music resurfacing in the shape of a 5 piece band named Oualie Rhythms.

Also Winston Crooke shares with us the memorable moments of the Triathlon.

Okay, that should keep you busy. So... feet up, relax, as 'We Remember' those who have left a mark in our lives in the latest edition of Back II Back.

Enjoy,

Wendy

awareness;
- survivor),

and I wish
Back would

a copy and

in of

MUSIC

Dagah, hip hop sensation out of St. Kitts is going to be making some big waves later this year. Already he has recorded his 3rd album and is getting ready to spread his wings further a field with some up and coming shows.

Dagah from the soil of St. Kitts took an interest in hip hop music at the age of 17 and is getting better by the minute, with a string of recorded material under his belt, who can blame him for branching out. His stage persona is a fixation and the Federation love him. If you haven't seen him live, I urge you to do so!

We put him in the Back II Back hot seat to find out what levels are in store for fans.

Full Name: Kwame Kinte Samuel

Birth Place: St.Kitts

Occupation: Rapper / Bartender

How did you become involved in the music scene?

It was a family thing really, almost everybody in my family in some way, was involved in music. It was just a matter time before I got into it. I knew I wanted to be an artist but didn't think I had a voice. A few of my friends were into the hip-hop scene. They would purchase quite a few CDs and we would stay up all night listening to these albums. We would chat and tell stories whilst listening to some hot beats, this was just amazing. When Tupac and Biggie died I stopped listening to rap for awhile and started writing my own rhymes. I wanted to keep the craft alive.

Who inspires you?

I think my mom's death inspired me a lot. The pain was crazy, I just wanted to let it out in some way and live life for her and be something great in my lifetime.

Favourite artist?

I would have to say Nas, Scarface and Lauren Hill and oh yea Buju Banton. That's just to name a few also the late Tupac, Biggie and Bob Marley.

Most embarrassing moment performing?

It's got to be the time when I fell off the speakers in Nevis at the Busy Signal concert. The speakers were not tied down and I got so hyped up that I just



jumped up onto them without thinking. Well, they just tumbled down and took me with them! It happened so fast that I just tried to play it down. When I look at the video I just laugh because it was so funny the way I tried to continue with my set.

Most memorable moment?

I must say my performance at the 13th annual St.Kitts Music Festival. People talked about my performance for weeks and they still do. I think I caught them off guard they didn't think I would put on a great show like that. The feeling was great.

With increasing crime happening, how would you empower the youths of today?

Start more music programs after school to keep the youth occupied. That's what kept me off the street.

Where do you see yourself in five years time?

Running my own record label and engineering all my projects to help other artists and eventually doing a world tour. That would be amazing!

What advice would you give to youngsters with time on their hands and those having an interest in the music industry?

Prepared to work hard and don't get caught up in the hype. Take time out to practice and build your craft. Don't be too big headed to listen. We all need a little advice now again.

You can take a peek at some of Dagah's performance on You Tube. www.youtube.com/dagahmusic

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MUSIC

Black 'n' White are a newly formed hip hop duo from St. Kitts. The talented guys who go by the names of Tony and Gatman have impressed their teen followers and are stepping up on the music scene. The pair who have known each other since school days, plan to push out the boat in the Federation of St. Kitts and Nevis. Back II Back put them in the hot seat to get a little insight on these two ambitious young guys.

Full Name: Antonio "Tony" Webbe and Devaughn "Gatman" Amory

Birth Place: St.Kitts

Occupation: Tony-Engineer / Devaugh-Student

How did you become involved in the music scene?

Just the love of it.

Who inspires you?

Eminem and Tupac

Favourite artist?

Rap artists; Papoose, Eminem and Tupac

Most embarrassing moment performing?

The time when we were performing at a gig in St.



Kitts and the DJ tuned down the music too low and our mics were off.

Most memorable moment?

The crowd's reaction after our first performance.

Where do you see yourself in five years time?

We see ourselves as the most successful young men in the music business from the Caribbean.

What advice would you give to youngsters with time on their hands and those having an interest in the music industry?

Do something positive in life. Never let your problems get you down.

Don't ever say you "can't" when you can! Get help, join a club.

OUALIE RHYTHMS

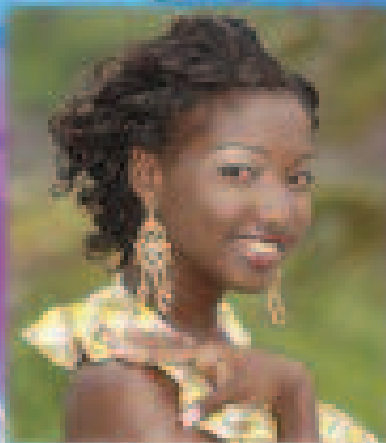


**Don't miss an exclusive interview with Nevis reggae band Oualie rhythms
Next Edition!!**

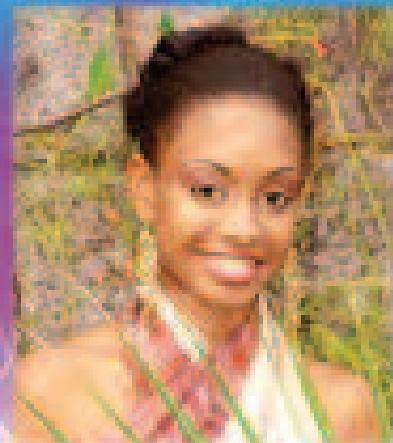
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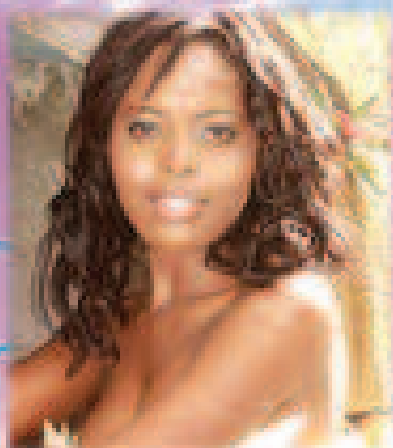
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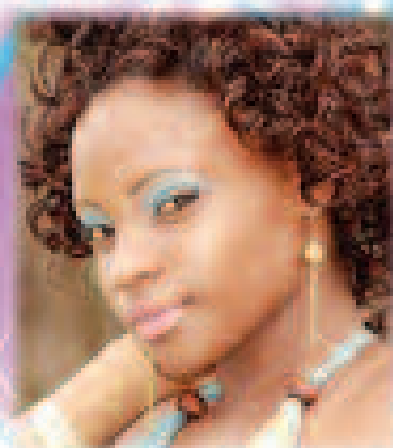
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WHAT IS CHRONIC PAIN?

According to the International Association for the Study of Pain, pain is defined as an unpleasant sensory and emotional experience associated with actual or potential tissue damage or described in terms of such damage. However, it is important to distinguish between normal—or acute pain—and chronic pain.

While acute pain is a normal sensation triggered in the nervous system to alert you to possible injury, chronic pain persists. Acute pain might be mild and last just a moment, or it might be severe and last for weeks or months. In most cases, acute pain does not last longer than six months, and it disappears when the underlying cause of pain has been treated or has healed. Unrelieved acute pain, however, might lead to chronic pain.

Chronic pain persists despite the fact that the injury has healed. Pain signals remain active in the nervous system for weeks, months, or years. Physical effects include tense muscles, limited mobility, a lack of energy, and changes in appetite. Emotional effects include depression, anger, anxiety, and fear of re-injury. Such a fear might hinder a person's ability to return to normal work or leisure activities. While there are many risk factors for chronic pain, some suffer chronic pain in the absence of any past injury or evidence of body damage.



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- NERVE INJURY
- TRAUMA
- SCIATICA
- CANCER
- HEADACHE
- DIABETIC POLYNEUROPATHY
- POSTHERPETIC NEURALGIA (Shingles)
- MUSCLE, TENDON & LIGAMENT PAIN
- TMJ DISEASE
- PAIL BACK SYNDROME
- ULCERATIONS (Upper & Lower Extremities)
- MUSCLE SPASM
- NERVE IMPINGEMENT
- MUSCLE TEARS
- SPRAINS
- CHRONIC MUSCULAR DISCOMFORT
- PLUSH OUT TOXINS



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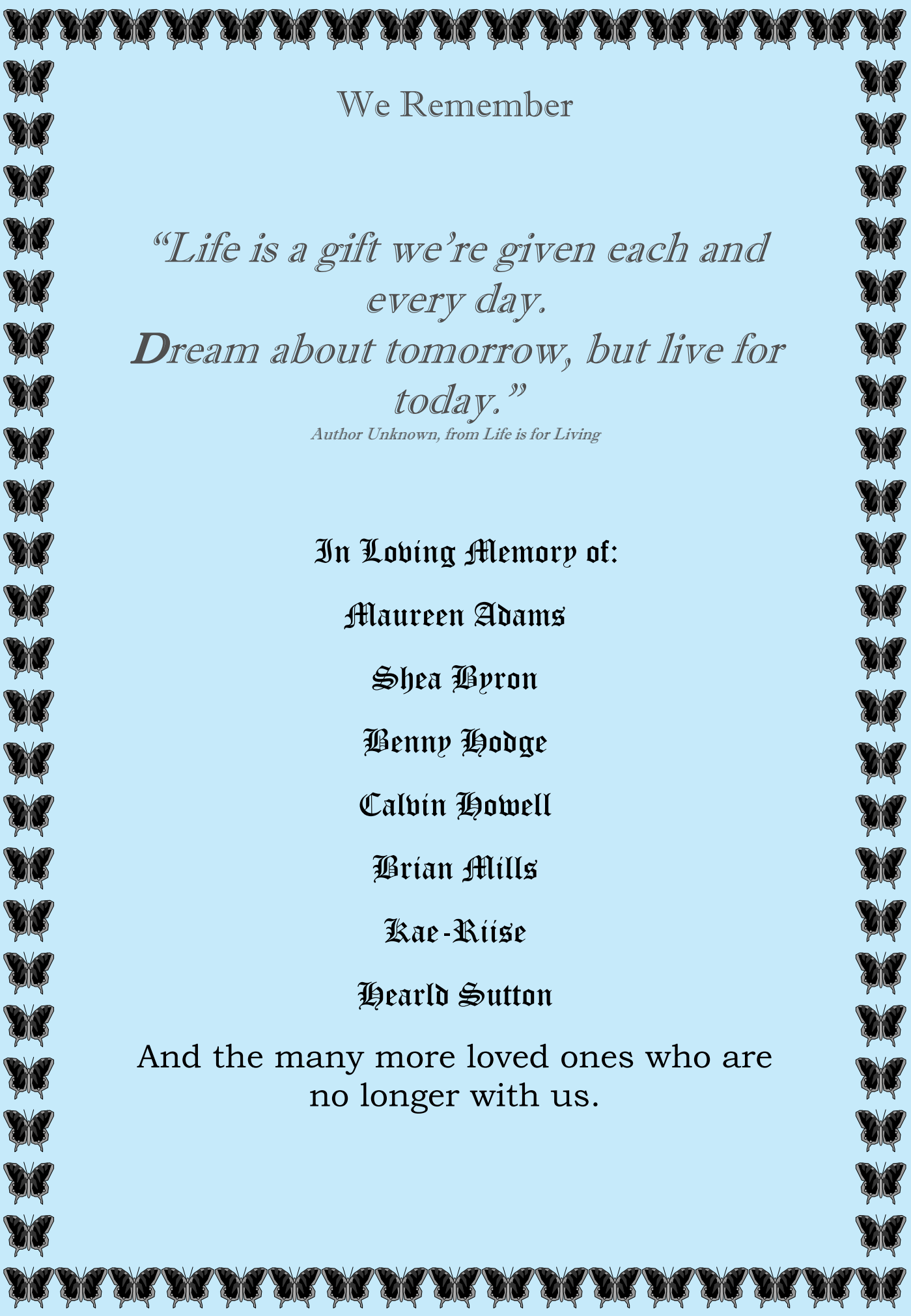
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We Remember

*“Life is a gift we’re given each and
every day.
Dream about tomorrow, but live for
today.”*

Author Unknown, from Life is for Living

In Loving Memory of:

Maureen Adams

Shea Byron

Benny Hodge

Calvin Howell

Brian Mills

Kae-Riise

Herald Sutton

And the many more loved ones who are
no longer with us.

WE REMEMBER

Benny Hodge - 23rd February 1958 – 1st November 2009

Carib Breweries – St. Kitts - Nevis made one of their best decisions when Benny Hodge took up employment with them and were they going to regret it... Definitely NOT!! Not only did he fit the job as General Manager superbly, he was a dedicated employee, a natural people's person. Everybody loved Benny.

This indeed will make the job harder, near damn impossible for anyone to fit his shoes. When we say Carib...We think Benny! Benny Hodge was the face at those Carib promotions, with a Carib beer in hand, he never stood alone. He always had a crowd around him.

Yes, Benny deserved his stripes and was hands on even after working hours from setting up displays for a Carib promotion to mingling with the general public. He was just there at hand. He truly was a good egg!

His colleague at Carib Breweries, Gary Richardson reflects on Benny's outstanding personality, "He was a great person to work with. One of my most memorable moments was when we went fishing on a moonlight evening and commenting on the good weather. It was just a relaxing evening. Benny was a nice, kind and generous person. He was the man who got things done!"

His close friend, Carlos Vanterpool took Benny's passing hard. Benny called him just before he died for assistance. "It's been a very difficult time. There are so many fond memories of my

dear friend," said Carlos.

His wife Jennifer added, "Benny was a loving practical husband, father and a friend to all. He loved to meet people and do things for them. His smile was infectious and so was his company."

A taxi driver was heard telling Benny's visitor who wanted to know the way to Benny's residence that everybody knew Benny: "When you land at the Airport, you just have to say, 'you want to go by Benny', and somebody will take you."

Now we take a look back at Benny's life and reflect on the man we all grew to love:

Benny was born a twin in Old Road, St. Kitts to parents Clemstantine and Edith. He and his twin Steve remained very close through their childhood and adult life. It was very hard to tell them apart and as they grew older the similarities between the two were striking.

Benny schooling started out in Anguilla, he then returned to St. Kitts, to start his High School years at the Basseterre High School. He was an avid footballer and after high school he continued with his sports. Benny took up employment with Harowe Servo, a Company in Sandy Point, St. Kitts, as General Manager. His work was not the only thing he had an eye on, his eyes drew and caught a young lady by the name of Jennifer Herbert. After much pursuing, he finally got her attention at a football match in Nevis. The two started courting and were married two year later in 1983.

The birth of their daughter Kristal in 1995 brought much joy to the happy couple.

After sometime at Horowe Server, he left and joined an engineering Company called Custom Coil, again he took up a position as General Manager. He remained there for four years before accepting the General Manager's position at Carib Breweries Nevis branch in 1995. There he remained up until his passing.

November 1, 2009 the day he died was an ordinary Sunday for Jennifer his beloved wife and the apple of his eye, daughter Kristal. As usual he asked Jennifer what she wanted for breakfast. Jennifer wanted an omelette.

Jennifer went to church and came back to find Benny had already cooked lunch. Jennifer added, "Before lunch he told me and Kristal that he was going to take a nap and asked one of us to wake him when they were ready to eat." The family had lunch at around 2.00 p.m.

"During lunch, he was reminiscing telling Kristal about Anguilla, their customs and their similarities with St. Kitts and Nevis customs. He was in high spirits as usual. That afternoon, he had a Carib promotion to attend in Zion, so he took another half hour nap, then he left, "Jennifer recalled. "We will always have fond memories of that last luncheon," Jennifer noted.



Benny Hodge



Every Sunday, in the afternoon, Jennifer would wash and braid Kristal's hair. She completed the hair ritual at twenty minutes to nine. She did not pay any attention to her phone while she worked on her daughter's hair. Shortly after she completed braiding Kristal's hair, her phone rang...

The caller was Carlos, Benny's friend and colleague, he spoke emotionally but clear, "Benny is here. He is lying here and not responding." Accompanied by Kristal, we drove to the beach by the Sea Bridge. Only Carlos was around. According to Jennifer, Benny had changed clothes after the promotion in Zion and had gone fishing. He always had a fishing rod and fishing net in his vehicle.

"I knelt by his body. I realised he was gone, I closed his eyes." Jennifer sadly reflected. "As was expected, Kristal and her mother cried. Jennifer wished she had attended to her phone. Later when she got home and checked her phone she noticed a missed call from Benny. Apparently, he had called her at 8.00 p.m

She confirmed that Benny suffered from high blood pressure.

Jennifer and Kristal are adapting to a life without Benny but there is one thing they are proud of, "He passed while we were on good terms," Jennifer said. She also is glad that she had retired in June 2009 and she appreciated the fact that they were able to spend quality time together prior to his death.



Benny with twin brother Steve

Benny, Jennifer and Kristal lived life to the max! "There is not a hotel in Nevis that we have not patronised. During our birthdays, each of us would choose a favourite hotel. Last year's Mother's Day, I chose Mount Nevis."

What they have found challenging since Benny's passing, is fixing things at home. Shortly after Benny's death there were tiles needing attention in the dining room, a kitchen faucet needed repair and so did the counter grill. However, friends and relatives have come in handy to respond to these challenges.

Benny's family members have unique stories about Benny's journey through life. Family members remember that Benny's late mother liked to tell about the day when as a very small boy. He was squirming about in the car to the extent that I pointed out to him a dog that was sitting quietly in someone else's car. Why couldn't he be as quiet as that, I had asked him. He thought about it for a while and then he said. "Sometimes when dogs just sitting down, they does be sleeping, you know."

At his funeral service one of Benny's siblings reflects on one of his mother's last letters to him:

"Our mother had referred to him as 'Poor overworked Ben'. He had to have been overworked, but he never looked overworked. He had to have complained to someone, but it was not to me. He ought to have complained to Jen. But I don't know if he did. Both he and Jen were strong and self-sufficient persons for whom I have an abiding respect and admiration.

I happen to know that many ladies loved Benny. More than one...more than two, have told me that had he asked, they would have married him. One said to me wistfully "But he preferred his wife." Indeed, for a young man with so many to choose from, it is a testament to his wisdom and common-sense that he steered through the clouds, worked his wondrous charm and as it were, drew Jennifer to him. Our

mother and mothers are very particular, and happy with Benny's bride, and with his wedding; because for the first time she could see in what high regard Benny was held by the Nevisian family, and the Nevisian population.

I listened with interest to Benny talking with Kristal when she was a very small girl. He was pointing out to her that a certain flower that grew around their yard was not the sort of flower that one would pick and put in a vase. "Why Daddy?" she asked.

"Because" said he "it will cause bumps to come up on your skin"

"What are the names of those flowers, Daddy?" she wanted to know.

"They are named" he answered, without missing a beat, "Bump-Up Skin Flowers."

That was the essence of Benny. He never missed a beat, and never missed an opportunity to plan something. He was going to smoke and cure meat, he was going to repair cracks on car windscreens. He was going to assemble TV Satellite Dishes. And so on, and so on. He took beautiful photographs. He, like Steve, loved to cook...And to eat.

I felt, when Jennifer called me with the news of his death, that I had in some way been cheated. That he was too young. That perhaps I could retrieve and make it undo, as on a

computer. Over the past week however, reality has taken over and I have thought about it. Now I think: Benny will never have to shuffle-walk with a stick, or be confined to a wheel chair. He will never languish in an over-crowded Hospital or in an understaffed Nursing home. Arthritis and Lumbago will not cripple him. Thank God, Senile Dementia will never darken his door. Every time we think of him, the only images we will have will be of a strong, energetic, willing, helpful and handsome man in the prime of his life, for, as one friend said to me. "He lived until he died."

Benny stopped to look at the sea, and to walk on the beach a few moments before he died. It is something that our father would have done, and that Steve and I would have done, for we are Anguilla-men at heart. And even though they are focussed on fishing, and I am focussed on sailing, the sea lies at the bottom of our combined focus. The fact that he spent his last moments beside the sea reminded me of a very short poem that I had not had cause to think of since our father died. It is called "Death of an Old Seaman", and it is by the poet Langston Hughes:

*We buried him high on a windy hill,
but his soul went out to sea.
I know, for I heard, when all was still,
His sea-soul say to me:
Put no tombstone at my head,
for here I do not make my bed.
Strew no flowers on my grave;
I've gone back to the wind and wave.
Do not; do not weep for me,
for I am happy with my sea.
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Written by Pauline Waruguru and Wendy Hanley

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WE REMEMBER

MAUREEN ADAMS - 14 May 1958 - 27 March 2009

"I lost my right hand. She was my commander," Kofi Adams said in an interview recently when approached to comment on the loss of his wife Maureen Adams. Adams' words are representative of what many persons who Maurine was close to would say of her.

Many described her as an "Extra Mile" woman while she was alive as she played her role as a teacher, wife, parent, a mentor, a role model and a community leader. Her own sons, DelE, Kwame and Mensah in their tributes thanked their mother for teaching them to be independent and how to go the extra mile.

Her husband, Kofi, confirmed Maureen's commitment to her family responsibilities. "She took exceptional care of her mother-in-law Mrs. Bridgewater. She had extraordinary ability. She was an ardent reader ñ reading everything in sight."

Christine, Maureen's sister said in her tribute to Maureen on the day her life was celebrated on Thursday April 16, 2009 at the Charlestown Methodist Church. Maurine was born on May 14, 1958 and died on March 27, 2009.

Maureen died from ruptured aortic aneurysm associated with the rare disease neuromyelitis optica, a condition that affects the optic nerves and spinal cord. She was only fifty when she passed.



Maureen Adams

Unique rare traits and talents stood out as she played her role as a teacher on the island of Nevis. She was honoured with the Extra Mile Teacher of the Year Award in August 2006. In her acceptance speech, she did not focus on herself or the award but on the intricate challenges that faces the students in the contemporary world.

She had this to say: "Our students have changed in that they have a lot more issues. Many students come to school with problems that are beyond the teacher. It is sad, but it is the way the society is going and they are influenced a lot by what is happening in the society. Members of the community can act as great resource persons to help solve these issues."

Her goal was to produce well-rounded students: "We are impacting information which will equip these students for life. We have to train them the best way we can so that they can develop good study habits, good work ethics and good morals."

Jennifer Hodge who was the Chief Education Officer when Maureen was a teacher described Maureen as a model teacher who excelled in her teaching profession. "I have known few in the profession who cared about their work, cared about students and cared about learning and sharing as she did. She had intellectual curiosity and an indomitable spirit."

According to Hodge, she executed duties with contagious enthusiasm. She taught Social Studies, Communication Studies, and Caribbean Studies among other subjects. Maureen left a legacy. She served her family, school community as well as the general public with unequalled dedication.

She also was concerned about young teachers, "Go down to the college in St. Kitts and get your teacher's training

qualifications and after you have taught for a couple of years, go get your degree so that you are fully qualified to work anywhere in the world."

Her students' have very fond memories of her. Shivon Green when interviewed said this of her favorite teacher, "she told me, your mind is the most powerful tool God gave you and always to think positive and be thankful. Always do your best and do not forget to pray."

Maureen is the 3rd of seven children born to Vincent and Eunice Suppleton on May 14, 1958 in London, England. Maureen received her early education at North - West London's Harlesden Primary School, Chamberlain Secondary School and Aylestone Schools respectively.

She was academically gifted and very competitive, breezing through schools as an "A student".

Christine, her sister reflected on how Maureen was like growing up, "She had unbelievable ability. She was mischievous too and got away with too much."

Maureen did so well in her "A" levels that she had the luxury of selecting a university of her choice. She joined the University of East Anglia to study law. In her second year, she was acclaimed, ña forever student.î At the height of her law studies, she fell in love with Kofi Adams and they were married on

September 9, 1979.

After her marriage, she did not continue her law studies but chose to pursue sociology instead and eventually graduated with honours. Maureen worked in England as a social worker but changed her career when she relocated to Nevis with her family on June 11, 1992.

WASET members remember her as a big, bright energy force to reckon with. "All of us who knew you can testify that whenever you had a responsibility or an assignment, you would put 200 per cent of your beautiful personality into the planning, creation and presentation. You are also a matriarch and a mother figure," WASET wrote in their tribute to Maureen.

Maureen's active, positive energy touched many lives. Maureen left a legacy. She served her family, school, community as well as the general public with unequalled dedication. She lived in her adapted home Nevis, with dignity, pride and love.

WE REMEMBER

SHEA BYRON - 13 January 1979 – 1st January 2008

An active, warm determined young woman aged 28, whilst celebrating Old Year's Night in St. Kitts, had her life cut short in a tragic car accident. Left to mourn are her daughter Nayilah, mother Marsella, father Dawud, sister Dara and brother Dawud Jr. Plus numerous relatives and friends.

Shea was born on 13 January and died in the early hours of New Year's Day, what would be to many the start of the New Year. Ironically, a text message was left for her by her Godfather around the time Shea met with her tragic death, to wish her a Happy New Year.

We take a look back at Shea's life in a special tribute to her many achievements.

Shea was born to Kittian parents, mother Marsella Byron and father Dawud (Mudada) Byron. She was the first of three children born to Marsella and Mudada.

When Shea started pre-school, the late Teacher Veira noticed that the little 4 year old was advanced for her age and advised her parents to enroll her at the Newtown Primary (now the Tucker/Clarke Primary School). The kindergarten class, in which Shea was placed, accommodated over 50 children. Indeed no room for an active four year old. Her parents were persistent to get Shea into the primary school and after their faith in the ability of their little girl; the snag was no seating was available for her. Her uncle volunteered to make a chair for his niece after which time, Shea was accepted amongst the bigger children.

After her time at the Newtown Primary School, Shea moved onto the Basseterre Junior High School and then onto the Basseterre High School. She excelled at school and furthered her education at Clarence Fitzroy Bryant College. After graduating from the college, she worked in the Government service as a clerk at the Electricity Department in St. Kitts. She thereafter, crossed the waters to Oklahoma, USA where she pursued graduate studies at Cameron University, completing a Bachelor of Science (B.SC) degree in Business Administration in less than the allotted four (4) years (2002 – 2005).

She returned to St. Kitts at the end of 2005 and resumed her working stink with the Government as Assistant Director of the Intellectual Property Rights Division from early 2006 to about mid 2007, when she took up the post of Marketing Support Manager at the St. Kitts Tourism Authority. There she put her skills to good use and in a short time she made a positive and creative impression on all stakeholders. One was left in no doubt which direction Shea was heading with her sound communication of ambitions and ideas.

Shea will be greatly missed by many and it was a great pleasure to have met her.

To keep her memory alive the family has instituted, the Shea Byron Memorial Scholarship Fund. Over the past two years, two outstanding students of the Hospitality Management Division of the Clarence Fitzroy Bryant College were the proud beneficiaries. From this year onwards the focus will be on the Tucker/Clarke Primary School (her alma mater), where each year an outstanding student in the Grade 6 will receive the (monetary) award. This year's honoree is Aliyah Kelly of Manchester Avenue, East Basseterre.

The fatal accident occurred at around 6:30 am on the morning of January 1st, 2008, as she travelled from the

Bird Rock Beach hotel, (where a dance was held) in a rented vehicle on the way to her home at Ponds Estate Housing Development, Basseterre – a short distance away.

Shea is survived by her daughter Nayilah, parents-Marsella and Mudada, her siblings-Dara and Dawud Jr.



Shea Byron

WE REMEMBER

Kae-Riise Jewelle Claire Frazer - 19th February 1982-19th March 2010

She was tall, elegant and graceful and entered the world in 1982 in Basseterre, St. Kitts to proud parents William and Ceceila Frazer. Her elder siblings, brother Cris and sister Keisha have a lot of happy memories growing up with her.

Her elder brother Cris reflects back on his fondest memories of sister, "Kae-Riise was the baby of the family, and always will be. On February 19, 1982 she came into this world and brought lots of joy to both parents along with her brothers and sisters, she grew to become a beautiful and dedicated young lady.

There are two moments that I can recall that will forever be with me, the first being when my daughter Erica who was only 4 months old at the time, held her own bottle for the very first time in the arms of her aunt Kae-Riise. Her aunt smiled down on her and commented that Erica was going to be a force to reckon with! Two years later, on a cold and snowy Christmas morning Kae-Riise and Erica were again sharing a special moment, as Erica unwrapped her many Christmas presents.... Kae-Riise had the task of being Erica's Chaperone which was rather funny to see both of them fighting over how some of the presents should be torn.



Kae-Riise

I can recall the heckling sessions we shared, as she always referred to me as Fat Man....or Mad Man. I will always remember her for her outspoken attitude and wittiness, may her soul rest in peace.

Cris pauses and takes a deep breathe, "This is the hardest thing I've had to do in weeks."

We now take a look back at Kae-Riise's life:

Kae-Riise was highly educated; the talkative toddler got her first taste of school life at the age of three, where she attended Martin's Pre School. She then moved onto St. Kitts Girls' School, now known as Beach Allen Primary. Her middle and High School years took her to the Basseterre Junior and Senior High schools and then onto St. Kitts CFB college. Kae -Riise passed all her subjects and immediately, went into teaching at the Basseterre High School for three years. To be of greater service to her students and to gain more knowledge, she decided to advance her education overseas, to Halifax, Canada. There Kae-Riise took up a B.A. course, graduating four years later with a degree in Psychology.

True to her word, Kae-Riise kept her promise and returned to share her knowledge and experience with her students at the Basseterre High School.

Kae-Riise attended the Brownies and Girl Guides, and shared her time and talents with various organizations, including the Kiwanis Club of Liamuiga, The St. Kitts Teachers' Union and the Heritage Society.

One of the most rewarding contributions to her community was her participation in the after-school programme at the Methodist Hope Chapel, where she assisted school children with their challenging homework.

In 2008 Kae-Riise joined UNESCO Small Islands Voice as the representative for the National Trust and unassumingly accepted the role of Secretary. She willingly took other voluntary duties of the Committee. She taught for a further two years at the Basseterre High School until the time of her passing.

Kae-Riise Jewelle Claire Frazer died four months short of what would have been her wedding day on 31st July 2010 to Fiancé Damon Bacchus.



Nevis Culturama Festival

Culturama 2k10! A Unique Cultural Blend!

Pre-Festival

- July 02 (10:00 am) Culturama 2010 Press Conference Launch
- July 03 (12:00 nn) Street Bash #1
- July 04 (05:00 pm) Ms Culture Swimwear and Ms Culture Queen Pageant Contestants Fashion Show
- July 10 (12:00 nn) Street Bash #2
- (04:00 pm) **Fashion Comes to Town "Extravaganza" by Petal Designs and Platinum Model Inc.**
- (09:00 pm) Senior Kaiso Quarter Finals
- July 17 (12:00 nn) Street Bash #3
- (08:00 pm) Drama "Burial of Faithlyn"
- July 18 (08:00 pm) Drama "Burial of Faithlyn"

2010 Culturama Festival Events

- July 22 (06:00 pm) GRAND LAUNCH OF CULTURAMA 2010 and Junior Kaiso Contest
- July 23 (07:30 pm) Culturama "King of De Jungle" Band Clash featuring TAXIK Band with Claudette Peters and Local DJ Competition
- July 24 (08:00 pm) TDC Senior Kaiso Semi Finals Contest
- (12:00 nn) HOPE Neivs Kids Carnival
- July 25 (08:00 pm) Ms Culture Swimwear Contest
- July 27 (08:00 pm) Ms Caribbean Culture Queen Pageant
- July 28 (05:00 pm) Renaming of Grove Park in Honour of Elquemedo Tonito Willett
- (08:00 pm) RHYTHMZ Dance Theatre Production
- July 29 (07:00 pm) Mr. and Ms. Talented Youth Pageant
- July 30 (09:00 am) Department of Agriculture Fruit Festival
- (09:00 pm) Nevis Pages/Oualie Masonry Products Ltd
- International Night of the Stars
- July 31 (07:00 am) Culturama Cultural Food Fair
- (09:00 pm) Senior Kaiso Finals
- (12:00 am – 6:00 am) Ultra Sonic Band, Super Sexy Dance
- Aug. 01 (12:00 nn) Culturama Drag Racing
- (08:00 pm) Ms Culture Queen Pageant
- Aug. 02 (05:00 am) Emancipation J'ouvert Jump Up
- (01:00 pm) Culturama Horse Races
- (02:00 pm - 10:00 pm) J'ouvert Kool Down - Pinney's Beach
- Aug. 03 (01:00 pm) Cultural Street Parade and Last Lap
- Aug. 17 (08:00 pm) Culturama 2010 Prize Giving Ceremony

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WE REMEMBER

Calvin "Cabo" Howell - 21st June 1940 – 9th January 2001

Calvin Howell: Nevis' Cultural Icon

Calvin "Cabo" Howell is probably best remembered for his outstanding and ingenious idea to bringing our Culture alive in Nevis... and indeed to this day it remains the biggest attractions in Nevis. The festival attracts hordes of visitors to the island and is the focal point in July and early August. Although, Calvin started "The" biggest event to hit Nevis, he was also master of many tasks he set himself. He gained his respect in many ventures he pursued. Calvin was an all rounder and didn't undertake his projects lightly without seeing them through. Hence, the success of his ingenious annual Festival "Culturama".

We now remember in this special tribute, Mr. Calvin "Cabo" Howell:

Calvin (Cabo) Howell was born in Nevis in 1940, to John and Rosetta Howell. He spent his formative years in Nevis.

Calvin attended the Charlestown Boys School and on completing his elementary education there, moved up to attend the Charlestown Secondary School where he enjoyed a vital and enriching education which led to the attainment of the Cambridge Ordinary Level Certificate.

After spending a number of years in the world of work, he set out for the US Virgin Islands to pursue an associate degree in Accounting at the then College of the Virgin Islands (CVI). From there, he was awarded a partial scholarship to pursue further undergraduate studies at the University of Windsor in Ontario, Canada, where he successfully completed a degree in Economics and Accounting.

Mr. Howell returned to academic life in the mid-1970s, embarking on formal higher studies, this time in the field of education. He studied for and obtained a Master of Arts Degree in Education from Concordia University in Montreal, Quebec.

From a very early age, Mr. Howell began carving out his niche in life, gaining a wealth of experience from pursuits in the world of work. As a young lad and right on into adulthood, Calvin worked in family-owned businesses in and around Charlestown, under the guidance and supervision of his father, Mr. John E. Howell. In the course of time, he was able to assume managerial duties in the business enterprises.

Mr. Howell was also employed in the Civil Service in Nevis, working first at the Public Works Department. He also served as a part-time teacher at the Charlestown Secondary School, where he taught Accounting and in his spare time, he engaged in private tutoring, helping students pursuing studies at GCE Advanced level.

During his student career, Mr. Howell engaged in a variety of jobs: he worked as a volunteer, clerk, waiter, bartender, live-stock farmer, bookseller, real-estate agent; teacher, accountant, administrator, manager, director, consultant, entrepreneur and business man.

No doubt his most noteworthy undertaking in the world of

work was his work as an environmentalist. Mr. Howell joined the Caribbean Conservation Association (CCA), headquartered in Bridgetown, Barbados in 1984 as the Education Officer.

While in this post, he made a substantial and lasting contribution in developing both formal and non-formal environmental education programmes, as well as policies and practices to strategically mobilize these. He personally authored, edited and/or co-authored several articles and books and other educational materials. To his distinct credit, he was instrumental in spearheading the establishment of a major Documentation Centre at the CCA. This library is now well stocked with thousands of important and very useful

publications relating to the natural and built environment in the region and beyond.

He advanced to the level of Executive Director and crowned his life's work through perseverance, study, dedication, enthusiasm, optimism, wisdom, courage, and leadership skills, all of which he exuded in every aspect of the job. He led the way with the establishment of a Marine Parks Project. He saw the numerous hazards that hinged around the routing of nuclear wastes through Caribbean waters and, under the CCA umbrella, was at the helm of the region-wide protests against the shipment of these extremely dangerous cargoes through our pristine Caribbean waters. Mr. Howell

frequently participated at the highest levels in regional and international forums in discussions and negotiations pertaining to the regional and global environment. Worthy of special mention is his leadership in chairing the NGO section of the international Small Island Developing States (SIDS) Conference in Barbados in 1994. He was instrumental in raising such critical issues as the environmental vulnerability and the general fragility of SIDs around the world, and especially, our own Island states of the region.

In a special tribute to Mr. Howell, two of his colleagues in the environmental field summed up beautifully his role and function in this area. They wrote: "Calvin entered the world of conservation not as a trained specialist but as someone who, perceiving the importance of husbanding our natural and cultural treasures for future generations, became determined to act and to lead, and he leaves behind a considerable reputation as a regional environmentalist... We remember in particular his enthusiasm for environmental education and how he brought special skill, knowledge and breadth to what was then a newly emerging discipline in the Caribbean".

Indeed, Mr. Howell's work as a Caribbean environmentalist has played a very significant part in helping the region to attain and remain in international focus as small, very vulnerable island-states, in need of environmental protection in order to ensure the region's survival, let alone its collective development and prosperity. His legacy in these areas will long be remembered.

Cultural Icon

In Nevis, the name of Calvin (Cabo) Howell is synonymous

continued on page 24



Calvin Howell



WE REMEMBER

BRIAN MILLS - 29th December 1967- 2nd September 2009

It was a day of unrest, well... as far as the weather was concerned.

Wednesday 2nd September 2009, on the island of Nevis, West Indies. A storm was out. Although, a normal working day for many the Wednesday morning weather looked fine, people began to protect their properties in the earlies. Boarding up doors and windows and collecting supplies from the supermarket.

So why did a young man and his family decide to spend the day on the Atlantic side of the sea?

Brian Mills was a young man, whom at the age of nine migrated to Nevis. He was born on December 29, 1967 in Birmingham, England to a Kittitian father and a Nevisian mother. He is one of seven children. His parents still reside in England.

On his return to Nevis, Brian attended Charlestown Boy's School and furthered his education at the sixth form college. Brian spent two months out of Nevis where he attended Howard University in Michigan, studying Fine Arts. After completing the course, Brian returned to Nevis and joined the workforce at Daphne Hobson's Architectural Services. Further down the road he took up the position of Master Controller at TBN radio part-time and later on stepped up the ladder as supervisor. Brian was eager and juggled three jobs; he was a night auditor at a hotel and also worked front office at Four Seasons Resort.

Whilst at TBN he met and fell in love with a young woman by the name of Sonia who also worked at TBN. The two eventually dated, although at first, a young and shy Sonia had no interest in the young Brian. It was after he passed her a card for Valentine's Day and a worried Sonia hoping "he wasn't asking her out", Sonia showed the card to her mother, who persuaded her to call him, as he was a "decent one", was her mother's advised to her young daughter. This led to a strong union between the two.

The young lovers were eventually married on March 2000, three months after the birth of their first child named Caona. Their second daughter, Kalina was born in 2003.

Brian eventually resigned from TBN and also quit his hotel job. He decided to concentrate on his full time employment at Four Seasons Resort. He remained at the Four Season's for several years but transferred departments to the position of Head House man in the banqueting department where he remained until the late 90's.

In 2002 Brian was offered a job in the Off-Shore sector, which he accepted as it fitted in with his wife's schedule at the radio station and cut out the unsociable hours that he use to do at the Four Season's Resort. Although, the Trust Company was based in St. Kitts, Brian's love for his family was so strong that he commuted every day. After only a year and half, the company dissolved, leaving Brian out of work for eight months. Then in the year of 2003, Brian was approached by the owners of a Trust Company in Nevis, to take up the position of General Manager, which he eagerly accepted.

During his time at the Trust Company, Brian yearned to go it

alone and in the year of 2004, he resigned from the Company and set up his own business covering a wide range of general services offered to the public, from accounting to helping people fill out forms and exporting vehicles.

He was also active in plays, he took part in Horatio and Laughing Matter. Brian was also a member of the Historical Conservationist Society. He mentored youths and was a member of the Catholic Youth Organisation (CYO). He travelled with the youths to Germany for World Youth Day. And in 2005 Brian and the family went to England, stopping off in Paris and Greece for their 3rd anniversary.

In 2006 Brian was the victim of a robbery, whilst out bathing at Nevis famous hot baths. He was confronted by two masked



Brian Mills

men, who ordered him out of the bath. A struggle occurred and Brian was shot. He recovered but was affected by the incident and concerned at the increase with crime on the island. He approached the commissioner of police and asked what would help in combating crime. Out of that meeting Brian donated a Jeep to the police force.

Sonia would at times go quiet as she reflected on her husband. "He was a good husband, great father. He loved nature and was eager to learn. Always experimenting, loved the outdoors, hiking, sailing and playing with the children."

A typical Sunday for the Mills was breakfast cooked by herself or her husband, then the morning spent in church. If Sonia had to work that day, then Brian would attend to the children and take them to church. Sonia reflects, "He was an all rounder a very loving husband."

And now we go back to that tragic Wednesday 2nd September 2009.

Sonia Mills story:

It was a normal day. The weather was nice and I was off work, the children were also on school holidays for another week. Brian and I planned to give them an outing so we decided to take them to the beach. Going to the beach was normal for us. We like Indian Castle as it was quiet and we all enjoyed the long drive to it. We arrived on the beach around midday. I saw a shed so I decided to relax by the shed. The weather was so nice and relaxing. The children wanted to go in the water, but I just wanted to lay by the shed. Brian went for a walk along the beach with the girls. When they walked back towards me the girls were ready to go into the water. I wasn't ready to go in as I was so relaxed where I was. So Brian and the girls proceeded to go in the water. My younger daughter stayed by the shore and my eldest went in the water with her daddy. They were laughing and playing around. I eventually got up and saw my daughter and husband going further out to play. I motioned for



continued on next page

them to come back in closer to the shore, where my youngest was. Brian shouted something to me, but I could not hear him and put my hand to my ear to show him I couldn't hear. At that point I realised something was wrong and that they were in trouble. I beckoned to them to swim back in... for a moment Brian was holding Caona, and then they drifted from each other. I was frantic, looking for something to help them, a piece of rope, a stick, something... I dialed the emergency services, at the same time telling my youngest, Kalia to stay back from the water edge. The emergency service said I had to dial the Coast Guard, I was so frantic, trembling, at the same time still trying to find something to help pull them to safety and also paying attention to Kalia to stay back from the water's edge. I found a stick and by this time Caona was coming in closer. I managed to reach out with the stick for her, telling her to hold on tight.

I got her, grabbed her... Thank God... Thank God...

My husband was still out at sea, I could see him. My daughter was upset and told me "Daddy said to tell me that he loved us."

I watched his head bob up and down between the waves. One minute I could see him the next he had gone!

The ambulance arrived after several hours and the Coast Guard didn't arrive until way hours later. I was panicking the whole time. The divers arrived on the scene but after darkness drew near they had to call off the search.

Thursday 3rd September 2009

The divers resumed the search around 5am. More volunteers joined the search some in water some on land. I arrived on the scene still my beloved husband was not sighted. Again the search was called off until light.

Friday 4th September 2009

I left my children with a friend and headed down to Indian castle, numb with fear. As I approached the spot, several people had called me saying have I heard they had found a shark which looked suspicious. I didn't want to believe these stories until his sister called me and said was there anyone on the beach with me. There was a pastor and his wife. She asked that I hand my phone over to the pastor so she could talk with him. After he hung up, I knew I was about to be told my worst fear. The shark that they found was cut open as it was swollen. The upper torso and head of Brian was in the shark! His pigmentation had turned completely white.

Sonia never went to identify Brian, his sister did. The

newspapers report:

Remains Of Missing Man Found Inside Shark

St. Kitts & Nevis – September 5, 2009: The remains of Brian Mills were found inside the body of a twelve foot shark on Friday.



Mr. Mills disappeared while swimming on Wednesday, at Indian Castle Beach.

The body of a shark was spotted floating in the water off Indian Castle on Friday and it was lassoed and hauled to shore. Realizing that the shark's belly was conspicuously distended, the authorities including the Police and Disaster Management officials were called in, and the approximately 12' tiger shark was transported by truck to the Port at Long Point.

A small crowd gathered to get a glimpse of the shark and word quickly spread that Mr. Mills' body was believed to be inside.

Director of Fisheries Mr. Lemuel Pemberton who conducted the operation to open the shark said the creature bore signs of having being injured, likely in a fight with another shark. He said its gill was badly damaged, and it had probably suffocated.

He said when the shark's stomach was cut open; they discovered the upper portion of a man's body inside, along with remains of a turtle and a plastic bag. He said the human remains appeared to him to be those of Mr. Mills.

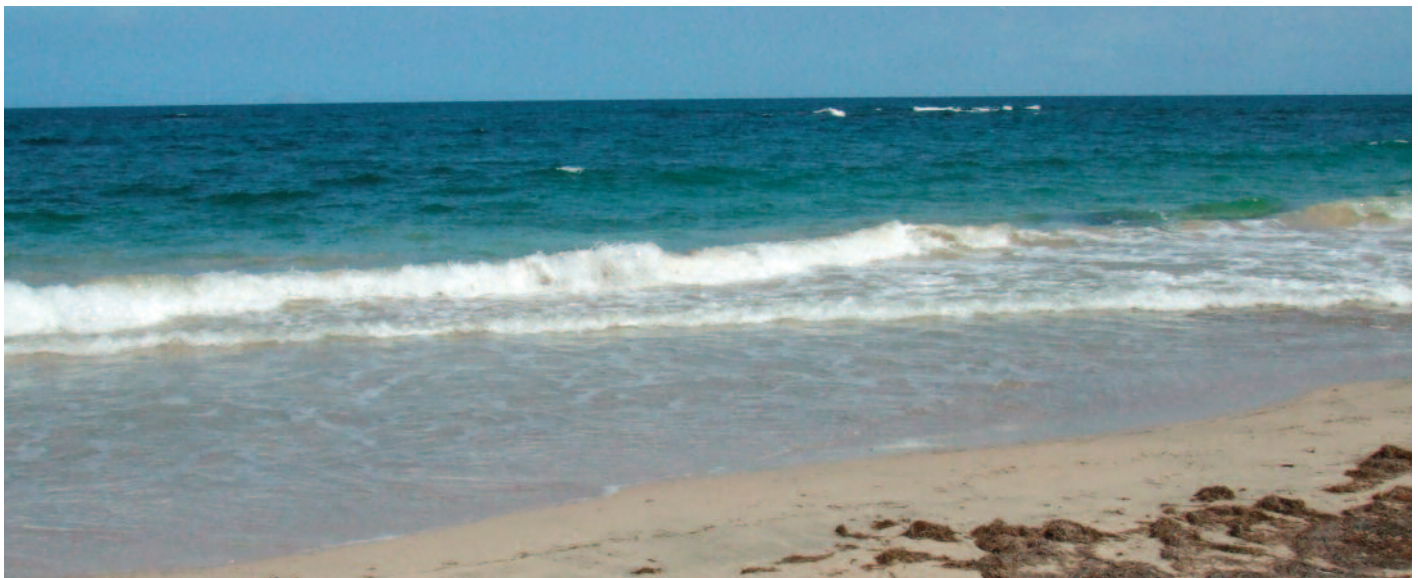
The Coast Guard searched at sea with the help of civilians, but there was no sign of Mr. Mills. However, with Tropical Storm Erika approaching, rough seas and heavy skies affected visibility and the Coast Guard's ability to continue. The search was called off just after 5:00PM.

Sonia continues to be strong for her girls and her faith is strong. "Without my faith I would not have had the strength to get through those difficult times," says a tearful Sonia.

Asked of her most memorable memories, she gives a warm smile, "There were so many."

She shares with us a motto he use to say to her everyday, "Baby, God is Good!"

Brian was laid to rest on 15th September 2009 at the Bath Cemetery, Nevis.





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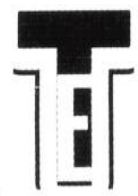
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with cultural development. He possessed the keenest love for and appreciation of a wide variety of cultural forms, including drama, poetry, painting, art, music, sports, language, religion, food and dress. In all these many forms of cultural expression, Calvin was largely self-taught and self-cultivated; but he excelled in every facet of expression and indeed, in whatever he put his mind and his hands to do. Indeed, he was truly one of the unique cultural icons of our time and place. He involved himself with dedication and passion in whatever he chose to do, and would at the same time throw his full support behind any individual or group that was pursuing any form of cultural Endeavour. Indeed, it is through his involvement in and support for the acclaimed Nevis Dramatic and Cultural Society (NEDACS) that his talents, his initiative and his drive came to the fore. It was primarily through NEDACS that he generally articulated his grasp of cultural imperatives and cultural impacts, for Nevis and the region.

A fellow member of the NEDCS once expressed the view that "...Calvin's defining mantra was Culturama..." This was an indisputable fact. But it was Mr. Howell's deep love for all aspects of Culture that motivated and truly characterized him. Equally, he was keenly aware of the vital role that he knew Culture could play in promoting human growth and development. Culturama, then, was only a mere fraction of what might be deemed his 'defining mantra'.

Calvin Howell was a moving force behind the inception of Culturama. Impressed and inspired by Carifesta '72 in Guyana, he saw the potential for cultural development in his native Nevis. He therefore conceived the idea for the summer festival, and with a highly supportive and committed team of significant others—including such notable persons as Ms Irma Johnson, Ms Lyra Richards, Ms Sheila Martin, Dr Clifford (Boots) Griffin, and Mr. Melford Henville (deceased), to mention just a few of the many names -- nurtured and ultimately brought to birth the first every Culturama in 1973. The idea proved not just timely; it has also proven viable in very many ways. Surely, is no small feat that this major socio-economic spinner has been widely embraced and sustained by Nevisians and Kittians at home and abroad for thirty-seven (37) years. Mr. Howell deserves the highest commendation for his efforts in spawning and helping to cultivate this most important calendar event on Nevis' annual agenda. The impact of this festival cuts across every facet of life in this island, this country and, indeed, this region.

Ultimately, it was Mr. Howell's humanitarian spirit that propelled him in the field of arts and culture, just as it did in the fields of sports, politics, community service and in every aspect of his life's work. He loved people, and he had a passion for life. At the very core of his being, he held the strong belief that without the existence of culture in human life, overall human development was incomplete. He shared the view of the esteemed Maya Angelou, who he esteemed highly, that people need the arts "...in order to live fully and to grow healthy". He shared her view that "without (arts and culture), people are like dry husks drifting aimlessly on every ill wind, their futures without promise and their present without grace". He espoused the firm belief that Cultural development is the primary vehicle through which all peoples and in particular, people in small island societies like our own, could elevate themselves and squarely face the many challenges and harsh realities of daily existence. It is that deep-seated belief that kept his interest keen, and his hope alive, notwithstanding the frustrations that he experienced in so far as the cultural evolution in his island home was concerned.

Those persons who were closest to him knew how deeply saddened he was when the [Culturama] festival -- his festival -- continued to evolve into a form of expression that was never intended at the inception. However, Mr. Howell, being the natural and eternal optimist that he was, always dared to hope that at least some among the present generation of youth will continue to strive to transform the world through the same rich cultural experiences that served to energize, inspire, and uplift their forebears. Mr. Howell's timeless commitment and his eternal wish for his people is that they will some day, hopefully sooner rather later, enjoy a present full of grace and a future full of promise. May this legacy long remain with us.

Among his many attributed, Mr. Howell was a family man par excellence. He was devoted to his wife, Olivia Edgecombe, his children and his grand-daughter, all of whom were, in turn, equally devoted to him in life as in death.



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WE REMEMBER

Herald sutton - 10th May 1966 – 18th February 2007

Music Maestro Herald Sutton will be greatly remembered for his outstanding contribution to music in Nevis. On February 25, 2007, his life was celebrated at the Netball Sports' Complex in Charlestown, Nevis. All protocols of a noble funeral were in place, but many must have wished Herald was awake to play the music. But this was not to be! Nobody wanted to let go Herald. A child at the funeral wished his body had been preserved and kept in a museum.

"He loved children and never wanted them hurt. Children really cried. A little boy wanted to put his recorder in his grave," his mother said in an interview with Back II Back. Children and Herald's fans will miss him but his legacy will not die!

Born Michael Herald Sutton on 10th May 1966 in Butler's Village, to parents Cecil and Elceila Sutton is a day his mother will always remember with the upmost fondest memories. "He was a genius," his mother reflects. Young Herald, as he was affectionately called, showed signs of his prominence quickly. His great music prowess took him beyond the shores of Nevis. Elceila Sutton recalled his childhood days and his passion for music, "when he was five years old, we noticed he was moving towards music. He would use a can and sticks to teach other boys in the village. His father trained him. We had a little piano and Herald would sit in the chair and move his legs and play the piano. He did not take long to master the musical instrument and learn pieces."

Elceila has very fond memories of her son in regard to his life as a young boy growing up in the village. "He was always caring and loving and would give his last. He washed clothes for his two other brothers. He never gave me any trouble. I do not remember me giving him lashes."

After Herald mastered his craft he was able to play in church from a very early age. Pheneas Griffin, who was the then Director of the community choir in Butlers, encouraged him to join the church choir. He was able to play Hedel Messiah pieces as a youngster. Later as an adult he played for hotels, concerts, festivals, church assemblies and many other events.

Griffin noticed Herald's potential and gave him EC\$300.00 as an incentive to enable him to pursue a course in music, which he did in 1983, where he attended the University of the Virgin Islands. During the interview, Elcelia smiled as

she recalled the times Herald would joke and say, "His piano was his wife."

At the time of his passing, he was Director of the Nevis Boys Choir and Music Coordinator for schools on Nevis. He was laid to rest at the Bath Cemetery in Charlestown, Nevis.



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Sports

By Winston Crooke

Cycling in Nevis is becoming extremely popular as more and more young people are choosing the two wheeler as not only a form of exercise but also as a serious sport, Nevis, though small, has very high quality of roads to suit all levels of fitness and ability.

Cycling amongst the youths has been taken to new heights. "The youth club has members from the ages of seven to eighteen, encouraging the youths to get on their bikes" explains the owner of Wheel World Cycle Shop, Mr. Winston Crooke.

Winston and the other coaches run a tight ship at the club, no rudeness, prompt timekeeping and definitely no loafing. It is by this work ethic the youths maximize their fun. Winston's motto is: "You put effort in and get results out." Winston adds "That's what we teach them, to put the maximum effort in to get the maximum results out."

At the cycling club there are many achievers but two of the most outstanding ones are fifteen year old Assin Chapman who once even beat champ Reggie Douglas in a race and sixteen year old Sasha Lloyd, the first girl to compete in a sprint triathlon held recently in St. Maarten. The youths earn a lot of physical confidence in this sport and are also educated on their eating habits. They are encouraged to eat nutritious foods so they can keep active on the road. "Instead of eating a packet of cheetos, we encourage them to buy an apple, Winston adds."

Cycling Sunday's is a fun day for the youths as they get to burn off all their energy for a couple of hours. "We all get together ride into town and back to Oualie. If the youngsters haven't had a good workout, then one of the teachers will take them off on an adventure to burn off what they have left." The Sunday ride is open to all, but focuses on the youngsters, the more advanced riders also train on Tuesday and Thursday afternoons, plus there is an ongoing series of both cycling and triathlon events throughout the year, that gives a purpose to the training.

The annual Ride of Silence is another youth based event that takes place in May each year, where they remember cyclists who have been killed by or injured by motorists on the road, explains Winston, "We had 65 cyclists last year, a mixture of adults and children and we ride for approximately 10-12 kilometers which is roughly ½ hour ride (35 minutes) around the town then. We wear black arm bands in memory of those

we've lost around the world as well as regionally and we send a message to shout out to our motoring public to 'share the road'. All this is done in silence, this shows the kids can do it and work with you to show their respect."

Winston encourages all youths to take up some kind of sporting activity, adds Winston, "We also run a triathlon club on Saturday mornings, teaching youths as well

as adults how to swim, bike and run"

For more information, contact: Nevis Cycle & Triathlon Club



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