



Bishops' High School Old Students' Association

Senior Class Notes

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Communing with Nature by Leila Too-Kong

The day had arrived, Saturday, March 27, 2010. We were off, once again, on another out-of-town trip. To where? The Forestry Training Centre at Yarrowkabra, Soesdyke-Linden Highway it was.

About 30 of us, all laughing and sharing news, were organized into two buses by our very efficient Committee Members. We were wondering where this place was. Was it before Splashmin's or after Splashmin's. No one knew for sure. We passed Splashmin's and spotted a lively bunch at a roadside creek. Were we lost? No, someone spotted the entrance to the Centre hidden between trails off the road-way on our right.

As we alighted in front of the open classroom, we were greeted by Mr. Hudson, the Camp Manager.

The environment of the Training Centre was lovely and peaceful. It was clear of undergrowth with several paths along which some were eager to explore—"The creek is there! No, over there" was heard by those of us who chose to remain in the shade of the classroom.

After a very tasty lunch in which the delicious fish was a surprise choice for many, Mr. Hudson took some of us on a tour of the compound. He told us about the names of the trees, some of which had the names affixed. He could even tell the type of tree from the leaves! He introduced us to the crabwood tree and the nut from which crab oil comes and explained the process for producing crab oil. He also told us that the acacia tree is planted to reclaim the land after gold miners are finished because of its fast growth and other uses of the tree.

It was a cool day and our "old knees" were able to wander the paths without pain.

The day was enjoyable. Many thanks to our organizers. We eagerly look forward to the next trip. Thanks, girls!



7 Ways to Keep Your Memory Sharp at Any Age

As we grow older, we all start to notice some changes in our ability to remember things. Maybe you've gone into the kitchen and can't remember why, or can't recall a familiar name during a conversation. You may even miss an appointment because it slipped your mind. Memory lapses can occur at any age, but we tend to get more upset by them as we get older because we fear they're a sign of dementia, or loss of intellectual function. The fact is, significant memory loss in older people isn't a normal part of aging—but is due to organic disorders, brain injury, or neurological illness, with Alzheimer's being among the most feared.

Most of the fleeting memory problems that we experience with age reflect normal changes in the structure and function of the brain. These changes can slow certain cognitive processes, making it a bit harder to learn new things quickly or screen out distractions that can interfere with memory and learning. Granted, these changes can be frustrating and may seem far from benign when we need to learn new skills or juggle myriad responsibilities. Thanks to decades of research, there are various strategies we can use to protect and sharpen our minds. Here are seven you might try.

1. Keep learning—Challenging your brain with mental exercise is believed to activate processes that help maintain individual brain cells and stimulate communication among them.
2. Use all your senses—The more senses you use in learning something, the more of your brain will be involved in retaining the memory.
3. Believe in yourself
4. Economize your brain use—If you don't need to use mental energy remembering where you laid your keys or the time of your granddaughter's birthday party, you'll be better able to concentrate on learning and remembering new and important things.
5. Repeat what you want to know—When you want to remember something you've just heard, read, or thought about, repeat it out loud or write it down.
6. Space it out—re-study the essentials after increasingly longer periods of time.
7. Make a mnemonic

Let's Celebrate

May 1 Megan Richmond
May 23 Thelma Holder
Jun 7 Joan Fields
Jun 12 Greta Fletcher
Jun 13 Florence Sukhdeo



Jun 21 Megan Bender

Jun 22 Thelma Ekuban
Jul 3 Farida Fraser
Jul 13 Dawn McTurk
Jul 10 Nella Dorsett-Sutherland
Jul 11 Carole Bishop

THE GOLDEN AGE OF GEORGETOWN CHARACTERS 1930-1960 Part 2 by Bernard Heydorn

Christmas in Georgetown was noted as much for 'Cow Manure' as for its ginger beer. 'Cow Manure' was an East Indian man who sold cow manure as a fertiliser, from a basket on his head, and who was perpetually drunk. He belted out his favourite Christmas Carol, "While shepherds wash their flocks and socks at night, all seated on the ground" to all and sundry, slurring the words and composing his own, as he walked the streets.

Another well known character was 'Saul'. A man for all seasons, he dressed for every occasion, depicting the daily news. His outfits and placards gave a running commentary to the events of the day, for if a condemned murderer was being hung at the jail on Camp Street, Saul was the first to show and tell. Saul was also the first to coin the saying, "Why get sober if you have to get drunk all over again?" During a cricket test match, Saul ran around the ground at Bourda, dressed as a cricketer with paper gloves and cardboard pads, bringing the game to a halt and getting more attention than the Governor!

Another Bourda character was 'Daddy Ben', who the M.C.C. press called 'Daddy Bell'. 'Daddy Ben' had a permanent bird ticket up a tall tree at Bourda, on the eastern side of the ground by the Georgetown Football Club during a Test Match. From that vantage point, whenever he got bored or he wanted a wicket to fall, he would ring a big bell loudly, and sure enough, wickets would start to tumble, to the amusement of the crowd and the amazement of the players.

'Oscar', the blind paper man, walked up and down the streets of Georgetown before dawn and cock crow, shouting the headlines and selling newspapers, "Argasy! Agasy!" Although he was blind, he know his coins well and anyone who tried to cheat him would be cussed out.

Horse racing at Durban Park would not be complete without the appearance of 'Pele', an East Indian man who walked around, dressed up in a suit, smoking two cigarettes at the same time! He gave a running commentary on the races and every other subject imaginable. He was also a passionate suitor, for if he liked a young lady, he would find out where she lived and go and sing loudly outside her bedroom window, from midnight to dawn!

(To be continued)

