

# Bishops' High School Old Students' Association

Senior Class Notes

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## Outing to Ithaca and Blairmont

by Marilyne Trotz, Bernice Perry & Janice Mazyck

This was an event that was much talked about before some of the overseas guests had arrived.

"We have been invited by Carole Bishop to join the Bishops' High School Seniors' Day in the country"

"Where?"

"Ithaca and Blairmont"

"Do we know where this is?"

Then the day arrived. Bright sunshine, happy spirits as we were chauffeured by Carole's son-in-law, David, to join the group outside of Bishops. Immediately, there were many pleasant surprises with quick hugs and kisses shared with people that we knew and introductions to new friends.

Then off we went. In three buses!! All very young at heart!

What memories of an extremely lovely day.

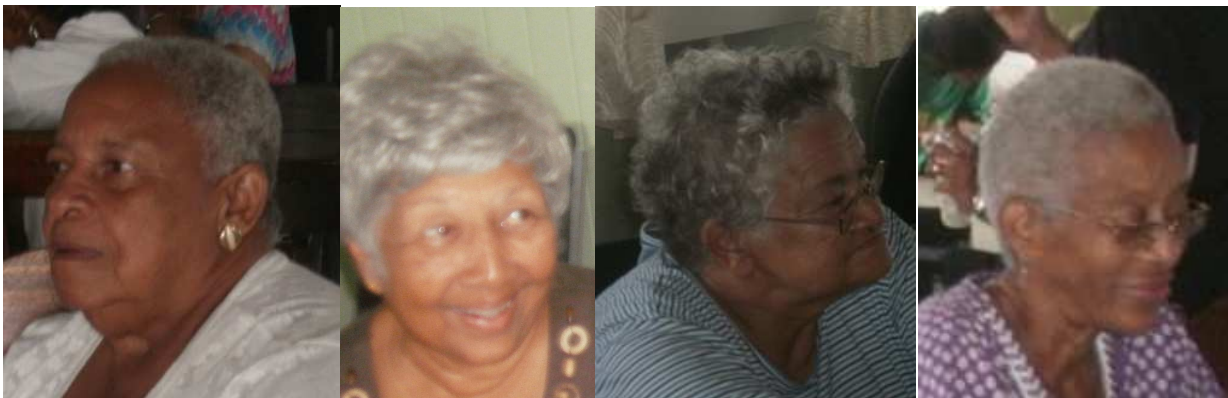
So much laughter, conversations of shared experiences, with value-added voice inflections that underscored what was meant to be understood; as well, there were whispered mention of aches and pains. All the while we kept looking out for villages and places heard of but never visited, for example, Vryheid's Lust. Whatever happened there? No one replied to the silent query.

But all of this was in preparation for the queh queh dancing at Ithaca. For us who had never seen such a performance before, it was absolutely beguiling. The footwork of the lady dancers, the styles, the body language and the humour made for wonderful entertainment. Added to this was the obvious pleasure for all of us looking on! But then Janice and Gerry joined in the dance. Instant theatre!!

Then came the *coup de grace*. Food, food, glorious food which was catered by a local group and enjoyed at the Blairmont Community Centre. Absolutely making mouths water. Beautifully fried fish, Guyanese style with such distinctive seasoning. Chicken, oh my! Tasty rice with fresh and minty green salad. All in all it was a gourmet fantasy. But wait! There was cool, refreshing juice to quench our thirst at the start of the meal. To top it all off, there was ice cream – so cool, slippery down one's throat. Not quite paradise but nearly there.

On the way back to Georgetown, sun drenched and belly full, we rejoined our respective buses a tad more slowly than when we started out but there were snacks and chatter and smiles - homeward bound we were, but in a show of appreciation for a lovely day in the country, a request was made to the Seniors Committee that they consider participating Old Girls from St Rose's to be honorary members of this wonderful vibrant Bishops' Senior Class.

Thank You!





## Religion: A Child's View

- ◆ A Sunday school teacher said to her children, "We have been learning how powerful kings and queens were in Bible times. But, there is a Higher Power. Can anybody tell me what it is?"

One child blurted out, "Aces!"

- ◆ The preacher's 5 year-old daughter noticed that her father always paused and bowed his head for a moment before starting his sermon. One day, she asked him why.

"Well, Honey," he began, proud that his daughter was so observant of his messages. "I'm asking the Lord to help me preach a good sermon."

"How come He doesn't answer it?" she asked.

- ◆ A Rabbi said to a precocious six-year-old boy, "So your mother says your prayers for you each night? That's very commendable. What does she say?"

The little boy replied, "Thank God he's in bed!"

- ◆ During the minister's prayer one Sunday, there was a loud whistle from one of the back pews. Tommy's mother was horrified. She pinched him into silence and, after church, asked, "Tommy, whatever made you do such a thing?"

Tommy answered soberly, "I asked God to teach me to whistle, and He did!"

## 4 Steps toward Good Posture

You can improve your posture — and head off back pain — by practicing some imagery and a few easy exercises throughout the day.

- **Imagery.** Think of a straight line passing through your body from ceiling to floor (your ears, shoulders, hips, knees, and ankles should be even and line up vertically). Now imagine that a strong cord attached to your breastbone is pulling your chest and rib cage upward, making you taller. Try to hold your pelvis level — don't allow the lower back to sway. Think of stretching your head toward the ceiling, increasing the space between your rib cage and pelvis. Picture yourself as a ballerina or ice skater rather than a soldier at attention.
- **Shoulder blade squeeze.** Sit up straight in a chair with your hands resting on your thighs. Keep your shoulders down and your chin level. Slowly draw your shoulders back and squeeze your shoulder blades together. Hold for a count of five; relax. Repeat three or four times.
- **Upper-body stretch.** Stand facing a corner with your arms raised, hands flat against the walls, elbows at shoulder height. Place one foot ahead of the other. Bending your forward knee, exhale as you lean your body toward the corner. Keep your back straight and your chest and head up. You should feel a nice stretch across your chest. Hold this position for 20–30 seconds. Relax.
- **Arm-across-chest stretch.** Raise your right arm to shoulder level in front of you and bend the arm at the elbow, keeping the forearm parallel to the floor. Grasp the right elbow with your left hand and gently pull it across your chest so that you feel a stretch in the upper arm and shoulder on the right side. Hold for 20 seconds; relax both arms. Repeat to the other side. Repeat three times on each side.

## Meet the Seniors

This feature introduced in the previous issue, presents profiles of seniors in Guyana and abroad. In January, we shared insights into the lives of Phyllis Tait Thompson of BHSOSA and Leila Thorne Blackman of the New York Tristate Chapter.

Here are profiles of Lucille Arno Cholmondeley of Guyana and Sheila Bacchus Lampart of Jamaica.

### Lucille Arno Cholmondeley

Lucille was the sixth of nine children born to William Nicholas Arno and Mary Louisa Arno. She had her primary education at St. Leonard's Anglican School (now the Guyana Nurses Association Hall) and St. George's Anglican School. Lucille attended the Bishops' High School at its present site in Carmichael Street from 1929 to 1934 and was a member of Mary House. She was one of five sisters who attended Bishops'. She recalled that her Headmistress was Ms. Aileen Allen and that all her teachers were from overseas.

Lucille's pleasant reflections on her school life at Bishops' included the Country Dancing Competitions **which were always won by her group of 8**, and the playing of lawn tennis and netball. She also enjoyed Drill in the hall. Academically, she was successful at the Junior Cambridge Examinations in 1934, passing in six subjects.

On graduating from Bishops' in 1934, she began her training in nursing at the Public Hospital Georgetown (PHG). Lucille recalled that the Matron of PHG would recruit girls of Bishops' to be trained as nurses. She was admitted as a Registered Nurse and Registered Midwife by the General Nursing Council of British Guiana on May 17, 1955. Lucille proudly displayed her Nursing Certificates which were immaculate in spite of their age. Nursing was her lifelong career; she later became a Public Health Nurse with the Mayor and City Council and received awards for her "outstanding performance". Her "outstanding contribution" to the Development of Community Health Nursing in Guyana (1954-1977) was recognized by the Guyana Public Health Women Officers Association. Lucille was a Nurse at the Medical Centre of the University of Guyana from 1976-1986. She is also a member of the Florence Nightingale Club of the Guyana Nurses Association.



What about her love life? Lucille was married to Esmond Donald Cholmondeley, a Woodwork Teacher of St. Mary's Roman Catholic School, on January 2, 1950. Their union produced four children – Philip, Ian, Gregory and Eleanor. There are seven grandchildren and four great-grandchildren. Lucille reflected with sadness on the passing of her dear husband in 1976 (when Eleanor was just 12) and her eldest son, Philip, in 1985. What helped her through these crises? "Peace of mind, a strong faith in God, doing the things I liked to do and which kept me fit, like walking and riding wherever I had to go", Lucille asserted.



Lucille has always been a member of St. George's Cathedral where she has functioned in the Dorcas Society, Sanctuary Guild, and the Welfare and Advisory Council. Lucille enjoyed managing stalls at fairs held by the various organizations of which she has been a member. She recalled with excitement how she managed the Home-made Drinks stall at the Parish Fair and the ice-cream stall at the YWCA Fair!



Lucille enjoyed participating in the outings and other activities arranged by the Seniors Committee as well as those organized the Bishops' High School Old Students' Association. She last participated in September Affair 2011.

Lucille, now aged 96, is the second oldest senior in Guyana. She resides in her own home in Sugar Cane Street, South Ruimveldt Gardens, where her son, Gregory, and his wife also live. Recently, owing to illness, she has been spending much time with her sister, Elise Arno, in the Arno family home at 286 Irving Street, Queenstown. Elise mused: "We are looking after each other".



## Sheila Bacchus Lampart

Born on November 1, 1930, Sheila attended the Bishop's High School for Girls on a Government Scholarship, from 1942 to 1949. A member of Elizabeth House, Sheila demonstrated her musical love and accomplishment by playing hymns at morning Assembly. She served as Games Captain from 1947 to 1949. By the end of her days at BHS, Sheila had gained the London Higher School Certificate.

Sheila followed in the footsteps of relatives who attended BHS. These were her mother, Clarice Grannum Bacchus and aunts, Winnifred Grannum Persaud and Edith Grannum.

Her love for teaching led Sheila into the primary classroom at 19 years of age. In addition, she taught piano privately at home and trained and directed choirs at schools. She also acted as Choir Director for the BHS Old Girls' and Woodside Choirs.

In 1955, Sheila joined the staff of BHS to teach Singing and Music Appreciation to the Lower School. In 1958, she was one of two Guyanese who were selected to attend a 3-week Music Seminar conducted by Anthony Hopkins at the University of the West Indies. Sheila remained in Jamaica after this Seminar. It was then that she joined the Jamaica Library Service, started to study Librarianship and was elected an Associate of the Library Association of Great Britain (ALA). In 1962, she gained a Teacher's Diploma in music and was awarded the Licentiate of the Royal School of Music (LRSM), UK.

In 1964, Sheila married Ronald Lampart, a Jamaican. She established a home in the parish of St. Thomas and headed the St. Thomas Parish Library for 11 years. Sheila was then seconded to the Office of the Prime Minister (OPM), taking up the position of Executive Secretary of the National Council on Libraries, Archives and Documentation Services (NACOLADS). Except for one year when she acted as National Librarian, Sheila remained at OPM until her retirement in 1992.

Sheila worked regionally and internationally promoting the development of National Information Systems as an integral part of national development plans. During that time, she studied first in Great Britain and then in the USA where she gained the Master of Library Science (MLS).

Sheila has played many roles in the churches which she attended from 1958. She has functioned as Organist, Choir Director, young worker and Sunday School teacher. She was also involved with recorder bands and other activities which featured singing and dancing.

Sheila's appreciation of the importance of music in children's lives and the pride she takes in being an alumna of BHS, motivated her to donate a piano to her alma mater in January 2013. She noted that BHS provided her with an enabling environment to develop her musical talent.



**PIANO AND STOOL**  
Donated by  
**Sheila (Bacchus) Lampart**  
Class of 1942 - 1949  
of the B H S A A - Jamaica Chapter  
December 2012

