



Beyond THE GREY SHIRT

FATIMA OLD BOYS' ASSOCIATION // NEWSLETTER



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ISSUE

29

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Fatima Basketball Court is Upgraded

In June 2019, a capital project was started to upgrade the existing basketball courts to regulation size and surface. According to the basketball coach, these upgrades would minimize the occurrence of injuries to the players, and further increase the frequency of winning titles. This new court would also feature portable basketball hoops.

During the upgrade, a decision was also made to decommission the existing adjacent tennis court (which was rarely used), and replace same with a futsal court. Futsal is a variation of football played on a hard court, smaller than a football pitch. It's popularity has been growing and it was deemed a more viable option in preference to tennis.

The entire project was budgeted at about TT \$500,000 and was completed under budget! This was partly because of financial assistance to fund the initial cost of construction, given by George and Annie Haloute, whose son Marc went to Fatima. Marc Haloute was a lover of basketball and attended Fatima from September 1982 to June 1987. He passed away the morning of Monday 29th June 1987, the day of his graduation Mass. The basketball court was subsequently named after Marc.

The entire upgrade project was completed in November 2019, and the court officially launched on 3rd December 2019.

BEFORE



AFTER





OFFICIAL LAUNCH

From Left to Right: Ruthven Thompson (FOBA President), Fr. Gregory Augustine (Fatima Principal), Mr and Mrs George and Annie Haloute, Christian Flemming (Project Supervisor)



NEW FUTSAL COURT



OLD TENNIS COURT



Fatima 75

IN 2020, FATIMA COLLEGE WILL BE CELEBRATING ITS 75TH ANNIVERSARY AS AN EDUCATIONAL INSTITUTION. THIS IS A MOMENTOUS OCCASION IN OUR COLLEGE'S HISTORY AND SOMETHING OF WHICH WE CAN BE TRULY PROUD.

There are a number of events carded this year to celebrate this historic achievement, the first being a 75th Anniversary Mass which was held at the school compound on Friday 17th January. This was followed by the launch of a week-long exhibition in the

school hall, dedicated to the history of Fatima College. It featured photos and memorabilia of the College, our achievements, our students, teachers and benefactors from 1945 to today.

Living The Grey Shirt – Steve Bideshi

THIS IS THE FIRST OF A SERIES OF INTERVIEWS WITH FORMER FOBA PRESIDENTS

Q What years did you attend Fatima?

A I transferred from Woodbrook Secondary into Fatima Form 5 in 1971, and attended until 1975.

Q Which part of your time at Fatima brings back the fondest and/or least fondest memories?

A Clive Pantin had just assumed the helm as Principal. It was a period of discovery and self-awareness coming on the heels of the Black Power Movement in 1970. The school was quite liberal and allowed students to express themselves whilst maintaining a code of discipline and hard work.

Q How long were you on the FOBA committee before you ran for President? Did you hold any positions/Offices prior to being President?

A As soon as I left school in July 75, Clive invited me to join the Old Boys Association. I was fortunate to meet distinguished leaders such as Derek Johnson, Reynold Mackan, Dennis Mc Sween and a lot of other old boys from the 50's and early 60's. Other members of the group were Principal Clive Pantin, Vice-Principal Mervyn Moore and Fr. Power who kept the books and was in charge of the school's infrastructure. I stayed for one year before attending U.W.I. I did not return to the Old Boys until the summer of 1979 for one year before leaving for post-graduate studies in Canada.

Q What made you decide to run for FOBA President?

A In the early 70's and 80's the Old Boys Association was a simple one focused on supporting two major fundraising events: Mayfair and Bingo. In the early 80's, we held our first Carnival event at Lion's Civic Centre—not a great financial success but an enjoyable one. Clive Pantin also introduced a Sunday-morning Wind-ball Cricket Fete Match, which was more about beer drinking and liming afterwards. Also in those days, we had an annual simple get-together for all past students in the hall, when Clive would provide an update on the school's achievements and plans for the future.

Q What years, for how long, were you FOBA President?

A In the 80's there was an informal hand over of Presidents of 'Old Boys' and I was nominated among the group to serve for one year 1982-83. There was no voting process as there is today.

Q What was your vision for FOBA while you were at the helm?

A There was no strategic plan in the mid-80's for the Association. Trinidad faced its most severe economic contraction and we continued to supplement the school's expenses by the Bingo and Mayfair.

Q What was the most challenging aspect of being President of FOBA during your tenure?

A Because of the economic downturn, there was very little increased revenue we could generate. I believe our Carnival Party in 1983 incurred an operating loss! In the '80s, things were quite difficult as the country would soon come under an IMF Program in '85—further contracting expenditure in Trinidad and Tobago.

Q What were you most proud of during your tenure as President? How has the experience of being FOBA President influenced you?

A I was just happy, at age 26, to learn from my more senior members about how to get things organized and executed, and the importance of volunteerism for the greater good of the school. We all bled 'Fatima First'. Serving on the committee imbued a sense of loyalty to good causes and taught me the essence of teamwork—which assisted me in the corporate world.

Q If all your teachers were still there, who would you check first on visiting Fatima today?

A Besides Mr. Pantin, Mr. Pouchet (our A-Level History teacher) would be the first person I would enquire about. There are so many others...Johnny Brathwaite, Mr. Moore, Mr. Brash, the late "Cisco" John. They were all brilliant teachers of young men. And of course, Fr. Herbert Charles, our Dean of Form 6 (1974 – 1976).

Q Tell us about your career/family post-Fatima. Any highlights you wish to share?

A I retired from a domestic and interna-



tional banking career from Citibank in 2009 after 27 years and returned to Trinidad. I am lucky to have a very loving, supportive wife of 25 years and four wonderful children, three at university and one to go.

Q Have you been able to maintain friendships with your classmates since school? Any class reunions?

A I am lucky to be part of the 'famous' Class of '75 and Friends, who I believe may be the most active past student body of Fatima. We meet every 3rd Friday of the month and are focused on two major fund raisers: a Bingo (held at the College) and a Golf Tournament (held annually in October). 100% of the Bingo proceeds go towards the College, and part proceeds of the Golf Tournament go towards a charity close to our class of '75 & Friends.

Q What do you feel about Fatima and FOBA today and how they've progressed?

A Fatima Old Boys Association has done an excellent job over the years, and has placed the alumni organization as a model of excellence for other Secondary Schools to follow.

Q If you were elected President of FOBA tomorrow, what would be your first order of business?

A Nothing radically different. I would make two recommendations:

- (i) Build a data base including our many non-resident alumni, and devise a plan so that all of us can donate a small monthly sum which can go towards a special project defined by Fr. Gregory/management. Tie the funds to an objective.
- (ii) Re-start the Annual Get-Together in the hall (a la the Clive Pantin initiative).

Q Any hobbies? How do you spend your free time?

A Reading and running.

Q Any closing remarks?

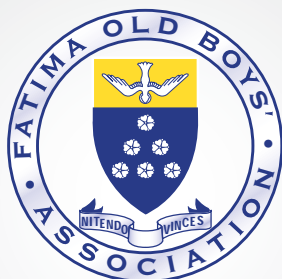
A Continued success...Strive on Fatima Boys.

Images from FOBA's 'Food Fest: Flavours of the Americas'

Held on Saturday 2nd November, 2019.



Photos courtesy lime.tt. Visit the FOBA Facebook page or FOBA website for full album



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Fatima Old Boys Decade 3 Lime

THE DECADE 3 GROUP HELD THEIR QUARTERLY LIME AT THE HARVARD CLUB ON FRIDAY 6TH DECEMBER 2019. MANY OLD BOYS ATTENDED AND TOOK THE TIME TO RELIVE THE GOOD OLD DAYS AT FATIMA COLLEGE.

Among the attendees were Gally Cummings and Tony Weekes of the 1965 intercol team, and Ramon Mansoor who played in that epic basketball finals at the Woodbrook Youth Center.

(They lost to Tranquillity Boys by one point in 1962 but won the Championship the following year in 1963).



FOBA'S 2019 7-A-Side Football Tournament

FOBA HELD ITS ANNUAL FOOTBALL 7'S TOURNAMENT ON SUNDAY 1ST SEPTEMBER ON FATIMA GROUNDS.

Event began at 11:00 am with two groups of teams in a round-robin style.

Under-40 (8 teams)

- Four United
- Portofino
- Sweterans
- Hermano Hermano
- More Drinks Than Goals
- Stickerz
- Round 6
- Ramdoo Clan

Over-40 (4 teams)

- Fatima & Friends
- SSKGV
- Fatima Lime
- Not-So-Young Ole Boys

Camaraderie on the day was high, as all teams were situated in the Pavilion—and you know how picong is when team rivalry is on the spot?!

Reminiscent of Intercol games of yesteryear, and also because of the love of football, a great time was had by all.

WINNERS

Under 40

Portofino

Over 40

SSKGV

Top Scorer

Lasana Murray

Special Thanks to our sponsors: Angostura, Carb, Blue Waters & All Sport Promotion.

Special mention to Inskip Carrington of All Sport Promotion who ran the entire event with his referees, and to Eugene Antoine for the preparation of fields for play.

Kudos to the Events Committee Team for making this event memorable. Looking forward to 2020.



James Castagne-Hay of Fatima College in the bike leg, during the TTTF Secondary Schools Triathlon Championships 2019.

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Lower Back Pain? By Mr. Patrick Knight (Class of 2000, Form 6)

COMMON THINGS BEING COMMON, LET'S DISCUSS LOWER BACK PAIN. LOWER BACK PAIN AFFECTS UP 80 PERCENT OF ADULTS AT SOME TIME IN THEIR LIVES, AND IS SLIGHTLY MORE COMMON IN MALES BETWEEN 20 AND 40 YEARS OLD.

Back pain is the single leading cause of disability, and accounts for a significant decrease in productivity both at work and at home. It is the third most likely reason for a Doctor's visit, trailing behind skin conditions and joint pain.

Usually back pain departs quickly but recurrence still affects a small group of people, making them disabling and incapacitating patients. Having severe lower back pain, coupled with stress and comorbidities, increases the likelihood of having prolonged symptoms.

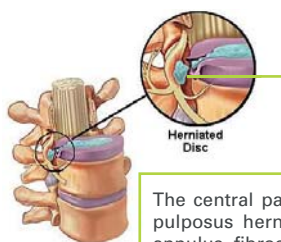
ANATOMY - The vertebral column or spine is composed of structural elements and neurological components. Lower back pain occurs when there is compromise of the structural components. This can then affect the neurological components and cause symptoms such as pain, numbness, pins and needles, and weakness going down the limbs.

The muscles that keep the spine erect insert on the spinous processes and the posterior aspect on the vertebral body. The Neural foramen is where the nerve root comes through from the spinal canal. In the image we can see a lateral view of the 5 lumbar vertebrae illustrating the foramina. The nerves that exit the foramina combine to form the sciatic nerve which is responsible for innervating the lower limb.

THE PROBLEM - The lower spine is all that connects the upper body to the lower body. It is reinforced by the musculature of the core in the abdominal wall as well as the paraverte-

bral spine muscles. It supports all the weight of the upper body, making it more prone to injury than any other part of the spine. The injury often takes the form of central lower back pain where only the muscles are affected, or a herniated disc.

When a lumbar disc herniates, this means that the soft central part is pushing out on the tough fibrous ring that holds it in place. This causes compression on the neural elements. If it affects only a nerve on one side then the patient may suffer from symptoms going down one leg. The Neurosurgeon will be able to identify a site for likely compression based on history and examination alone. All findings are confirmed using an MRI scan which is ideal for soft tissue and anything that is not bone.



The central part of the disc or nucleus pulposus herniates through the tough annulus fibrosus. Causing Nerve root compression and symptoms going down the corresponding leg.

Image 4 courtesy:
<https://www.spineuniverse.com/conditions/herniated-disc/lumbar-herniated-disc>

The signs and symptoms associated with a herniated disc are often resolved within six weeks 90% of the time. There are times when the patient would have ongoing symptoms and this would require management which

may range from rest, lifestyle modification; to diet, exercise, and weight loss.

Trigger point infiltration and spinal epidural injections are an important part of the treatment plan and give the patient the pain relief needed for an adequate lifestyle change.

The **"RED FLAGS!!"** are indicators that urgent surgical intervention is required to treat the dreaded Cauda Equina Syndrome (CES). The cauda equina is Latin for the 'horse's tail'. We use this to describe to the formation of the nerves in the end of the spinal canal. Other red flags, such as fever and weight-loss, indicate the presence of other underlying disease conditions such as an infection or neoplasia.

Compression of the cauda equina leads to debilitating symptom—including pain, weakness, urinary and bowel problems, sensory disturbance in the groin and inner side of the thigh. Cauda Equina Syndrome is a rare condition, but every Doctor is on alert for it because of the negative implications for the patient if not managed properly.

Patrick Knight
MD Hons, FRCS Neurosurgery Eng

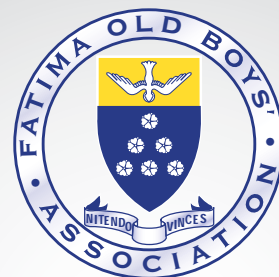
Patrick Knight is a Consultant Adult and Paediatric Neurosurgeon. He is a Fellow of the Royal College of Surgeons in England and currently works with Inspire Neurosurgery out of Westshore Medical.

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#FatimaFlashback

WHICH TEACHER INSTILLED THE MOST FEAR/RESPECT AND WHY?

I get licks from Harry once but I was bigger than him by Form 2 so he wasn't scary to me. Des Vignes had it out for me though cuz of my hair! And he scared me until we really talked one time about why I got put out of French class by Mrs. Poon, and from then we were cool.

Matthew Johnston

That would have to be Des Vignes with the original Garcia as a follow-up.

Travys Artyst (95-2000)

Des Vignes

Osei Rigsby (2000, 2002)

Mr Craigwell our Math teacher in Form 3, 1966 or there about. He was a no-nonsense person—and Maths was not one of my better subjects then!

Rex Griffith

Fr Farfan, John Romero, Harry Ramdass, Freco Garcia, Niles, Clive John, Pouchet, Clive Pantin, Aloysius Joseph aka Dark Shadows, Ray Holman! These gentlemen were men that were feared but tough on molding you into men! They made you stand up and be responsible and accountable for all your actions! They were also caring and approachable no matter what you thought of them! They're responsible for how I live my life presently!

Ken Morton Veerasawmy

Mr. Romero, and him getting you to pick which cane you wanted to get licks with! A classmate, who shall remain nameless, picked the fattest one! But still, Mr. Romero was not feared. You got licks only if you got caught

Druva Nethric Black

Mr. H. Ramdass

Maurice McComie

Mr. Ramdass. "Incomplete homework is no homework."

Odel Clutchman (2009/ 2011)

Mr. Glasgow, French teacher 1969. Once told one of our self described tough classmates who got into an altercation with him: "Meet me after school under the bridge"

Peter Prospere

Mr. Holman

Shaun-Mark Murray (Class of 98)

Mr. Ramdass and Mr. Romero
Matthew Mk Khan Jr (91 or 92)

The teachers I respected were not the ones I feared.

Victor Pereira (Class of 86)

“

Mr. Romero....man used to swing whip first ask questions after...."

**Damian Ramdin
(1995/1997)**

Mr Niles and Mr Lee Ha
Darryl Sambrano

None other than Harry!! Mr Ramdass was legit
Nicholas Lutchman

Gibson
Sean Narinesingh

Mr. Ray Holman instilled fear in me before Form 4.
David Alexander (Form 5: 1974 & 1975)

Aloysius Joseph
Keith Nieves (81/83)

Mr Ramdass—and those who know, they know. #blackinkpen
Marc Apang (2008)

#FatimaFlashback

BEST EXCUSE FOR NOT DOING HOMEWORK!

Mr Joseph . . . TDT. . . excuse "Sir I was walking along Charlotte street, sir and ah man tief meh school bag. . . sir this country not safe you know!" lol
Ian Reid (87-94)

I didn't get chance to copy it before class

Nicholas Lutchman

I was late for 2nd term of economics
Sean Small (86 Form 6)

Mr. Ramdass. "Incomplete homework is no homework."
Odel Clutchman (2009/ 2011)

Rain was falling so hard and the roof was leaky so had to keep books in plastic so homework couldn't be done

**DAVID ALEXANDER
(FORM 5: 1974 & 1975)**

Class of 1984 35-Year Reunion



THE FATIMA CLASS OF 1984 CELEBRATED THEIR 35-YEAR REUNION THE WEEKEND OF 13TH DECEMBER 2019.

Friday was the Boys' Lime, and Saturday was another Lime—at La Cantina Pizzeria, to which significant others and teachers were invited. This is the 4th such reunion for this Class (previous being at the 20, 25 and 30-year marks). Plans for the 40-year reunion are already in train.

Full photo coverage can be seen on the FOBA website and on the FOBA Facebook page.



What's happening in Sports

FOOTBALL

Senior team

- Gained promotion back to Premiership Football
- Won North Senior Division
- Runners-up in Big 5 Competition

Under-16

- Runners-up in North Zone league

Under-14

- North Zone Champions
- National Runners-up

Under-13

- North Zone Knockout Champions
- National Semi-finalists
- Fruta League Quarter-finalists

HOCKEY

Under-20

- Under Coach Stacey Siu Butt, Fatima once again are the T&T Hockey Board Schools U20 Indoor Hockey Champions. They won their final match 2-0 in a penalty shootout after a 2-2 draw with St. Anthony's College at the Woodbrook Youth Facility in November.

Under-16

- Under Coach Stacey Siu Butt, Fatima once again are the T&T Hockey Board Schools U16 Indoor Hockey Champions. They beat St. Mary's College 3-0 in the final at the Woodbrook Youth Facility in November.



UNDER 20 HOCKEY TEAM



UNDER 16 HOCKEY TEAM

Fatima U20 hockey captain Aidan Marciano collects the winner's trophy

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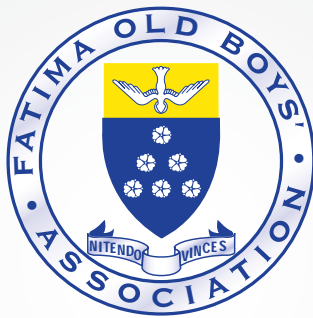
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Letters to the Editor

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We invite all Fatima Alumni to register on our database and be part of our ever growing membership and to join any of our 4 sub-committees (Sponsorship, Events, Benefits and Recognition, Alumni)

Visit <https://www.foba.fatima.edu.tt/about/sub-committees/> to learn about the sub-committees. To register and/or join a sub-committee, visit <https://www.foba.fatima.edu.tt/alumni/registration/> for details.



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