



Ole Farmers' Grapevine

A Publication of the
Ole Farmers Association
North America, Inc.
P.O. Box 398,
Tuskegee Institute,
AL 36087

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Volume 8

October 2013

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2012 – 2013

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FROM THE PRESIDENT

Let's celebrate and Grow People

As you read the 8th Volume of the Ole Farmers' Grapevine, I would like to remind you of an old Chinese proverb and its significance to OFANA's existence. The proverb goes like this: *If you want 1 year of prosperity, grow rice; 10 years of prosperity, grow trees and 100 years of prosperity, grow people.* One of the hallmarks of OFANA's accomplishments has been the annual scholarships given to qualified students at the College of Agriculture, Science & Education (CASE). By continuing to support efforts to fund the OFANA scholarships, we are doing our part in growing and developing people.

All the OFANA regions are conducting fund-raising activities to support the scholarships. Our next presentation of scholarship awards will be at the 4th Annual Founders Day at CASE campus on Saturday, January 24, 2014. The organization has been awarding an average of 3 scholarships per year, and with your help, we hope to award many more scholarships in 2014. So please contribute to the various OFANA-sponsored fund-raising activities in your region.

On another significant note, please mark your calendars for the 8th Annual OFANA Reunion on the 2014 Memorial Day weekend, May 23rd to 25th in Fort Lauderdale, FL. The Executive and the Florida region will be sending out logistics information on the event shortly.

Additionally, one of the main deliveries at this reunion will be the unveiling of the long-term OFANA Strategic Plan. The OFANA Executive as well as member volunteers are currently putting the plan together.

OFANA started in 2007 and we are approaching our 8th anniversary celebration. We have a good management structure in place and we have registered some noted accomplishments. Part of the admirable culture of this organization is our collective and enthusiastic efforts to grow people through awarding scholarships. OFANA and altruism go hand in hand. We give back from where we reap. We improve the soil by growing people.

So let's continue to grow people and keep the celebration going.



WENDELL CODNER
President
wenfmc@hotmail.com

MEMBERSHIP

Membership is open to alumni
of:

- College of Agriculture, Science and Education (1995 to present)
- College of Agriculture (1981 – 1995)

- **Jamaica School of Agriculture (1942 – 1981)**
- **Government Farm School (1910 – 1942)**

Please remember to bring your OFANA Membership up to date. Together as Ole Farmers, we are making a difference in the lives of our people.

For less than \$1.95 per week, you can be a paid-up member.

Not yet a member? Download an application form now using the link below:

<http://www.olefarmers.com/forms/>

OUR WEB-SITE

Any Ole Farmer may submit articles or items of breaking news either directly or via email to info@olefarmers.com.

Members in good standing may log in to the secure "members" only portal for access to financial information and photographs of recent events.

Anyone can make a donation by clicking on the PayPal "Donate button". Try it today and save your receipt:



OFANA SCHOLARSHIPS

Students attending C.A.S.E. are hereby invited to apply for 2013-2014 OFANA Scholarships.

Visit www.olefarmers.com to download an application form.

‘OFANA - supporting the enlightenment of education in pursuit of agricultural excellence’.

C.A.S.E. CORNER

Graduation 2014

C.A.S.E. 18th Annual Graduation Ceremony to be held Thursday, November 28, 2013 commencing at 1:30 pm at the T.P. LECKY Hall on the West Campus at Passley Gardens, Portland.

See what else is happening on Campus -

<http://www.case.edu.jm/html/>

facebook

C.A.S.E. Alumni Elect New Executive

The Annual General Meeting of the CASE Alumni Association was held at the Jamaica Pegasus Hotel on September 29, 2013. The following persons were elected to serve on the executive for administrative year 2013 – 2014:

- **Webster McPHERSON – President**
- **Canute SADLER – 1st Vice President**
- **Christopher MUNDLE – 2nd Vice President**
- **Antia DUNCAN-STEER – 3rd Vice President**
- **Odean BRADSHAW – Secretary**
- **Camille GOLDSON – Assistant Secretary**

- **Joseph JOHNSON – Treasurer**
- **Victor BOGLE – Assistant Treasurer**
- **Rhona WHITELEY – Public Relations Officer**
- **Orrett THOMAS – Immediate Past President**

OFANA wishes the new C.A.S.E. Alumni Executive a most successful term in office and looks forward to close collaboration in the interest of the college.

SAVE THE DATE

GEORGIA REGION ANNUAL SCHOLARSHIP RAFFLE

Drawing will take place Saturday, December 07, 2013 at 7:00 pm at Clifton's Jamaican Restaurant, 426 W. Broad Street, Fairburn, GA.

- **1st Prize – 40” Flat Screen Television**
- **2nd Prize – 10” Tablet Computer**
- **3rd Prize - \$50.00 Gift Certificate**

NE HOLIDAY DINNER-DANCE

Saturday, December 14, marks the official start of Christmas in Stamford, CT when the North East Region hosts its 5th Annual Holiday Dinner-Dance at the Stamford Marriott Hotel & Spa 243 Tresser Boulevard, Stamford, CT 06901 commencing at 9:00 pm.

4th ANNUAL FOUNDERS' DAY

Celebrations to commemorate the 104th Anniversary of the Founding of The Government Farm School

will be held on the Campus, Saturday, January 25, 2014 commencing at 10:00 am. Wherever possible, members are encouraged to turn out and keep the 'Ole Farmer Spirit' alive.

Surprise that roommate with whom you have not made contact for far too long.

OFANA 8th ANNUAL REUNION

OFANA Reunion 2014 will be held next Memorial Week-end, May 23 - 25, in South Florida (Ft. Lauderdale and Environs - venues to be announced).

Gather up your pennies, Summer 2014 starts here.

So much to see, so much to do in South Florida; so little time.

BACK A YAAD

'Jubilee for '63'

Members of the **Class of '63** seen here with the Hon. Roger CLARKE, Minister of Agriculture,



marked their **'Golden Jubilee'** with a slate of activities including:

- Church Service at Phillippo Baptist Church in Spanish Town, St. Catherine
- Family Fun Day in Linstead, St. Catherine
- Banquet in Kingston
- A 'Lyme' at the 61st Annual Denbigh Agricultural Show, in Denbigh, Clarendon.

The group is very grateful for the support of Ole Farmers who travelled from near and far to join in the festivities.

'News from Home'

For the latest News from Home follow these links:

- <http://www.jamaicaobserver.com/>
- <http://jamaicagleaner.com/>
- <http://rjr94fm.com/live.php>
- <http://www.televisionjamaica.com/>
- <http://www.cvmtv.com/>

OLE FARMERS CAN DO ANYTHING

OFANA salutes the following:

1. Ole Farmer **Ambassador Derrick HEAVEN (Class of '61)** - Chairman of the Board of Management of the College of Agriculture, Science and Education (CASE) and Executive Chairman of the Sugar Industry Authority was elected President of the Council of the International

Sugar Organization (ISO) at its 22nd Congress in London, England on Friday, November 29.



The ISO (formed in 1968) is an intergovernmental body devoted to the promotion of trade in and consumption of sugar and improving conditions on the world's sugar market through Debate, Analysis, Special Studies, Transparent Statistics, Seminars, Conferences and Workshops.

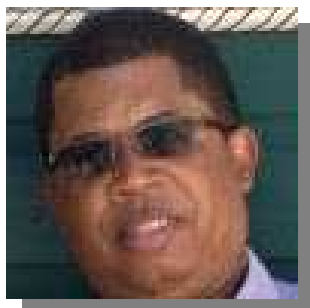
2. Ole Farmer Dr. Orrett THOMAS (Class of '74) - Lecturer at the G.C. Foster College of Physical Education, was accredited the Ph.D in Education and Leadership for his dissertation on **"Enhancing Positive Attitudinal Change Towards Academic Achievements through Behaviour Modification in Under-performing Boys in a Jamaican High School"** on Monday, November 25, at the Northern Caribbean University, Mandeville, Manchester.

3. Ole Farmer Chef **Mazie MILLER (Class of '76)** was the superstar in the Grace Village at the **12th Annual Grace Jamaican Jerk Festival**, held **Sunday, November 10**, at **Markham Park, Weston, FL** offering culinary insights with a variety of



jerked foods including delicacies such as Jerk Fish, Jerk Shrimp, Jerk Lobster and even the innovative and unusual products like Jerk Ice Cream.

4. Ole Farmer **Pastor Michael DALEY (Class of '79)** blazes a trail with international contemporary gospel music on MTAM Radio, streaming live on the worldwide web from Miramar, FL.



Genres include American R&B, Big Band, Hip Hop, Reggae, Soca, Salsa,

Merengue, Rake & Scrape, Jazz and Zouke. MTAM Radio offers 'the Word', Song and Ministry Talk Shows.

Follow him at:

- <http://www.mtamradio.com/index.php/contact-us>
- <http://www.mtamradio.com/player/>



Be blessed.

5. Ole Farmer **Dr. the Rev. Garnet Albert BROWN, OJ, CD. (Class of '57)** who was awarded the Order of Jamaica for contributions to Agriculture in the recently announced National Honours and Awards.

6. Ole Farmer **Lester MURRAY (Class of '86)** back to back "National Champion Farmer" retaining the 'Sir Arthur Farquharson Trophy', presented at the 2013 Denbigh Agricultural and Industrial Show.



<http://www.scribd.com/doc/157648469/The-Agriculturalist-August-2013-Denbigh-2013#fullscreen>

7. Ole Farmer **Derrick Alexander SMITH [BH(M)] (Class of '67)** who was awarded the Badge of Honour for Meritorious Service to Agriculture in the recently announced National Honours and Awards.
8. Ole Farmer **Vincent "Bucket" THOMPSON (Class of '67)** who received the "Prime Minister's Medal for Outstanding Contributions to Agriculture" on July 31, 2013.

Ole Farmers, our wish for you is success without boundaries in all your future endeavors.

WELLNESS CHECK

The Benefits of Eating Brassicaceae (formerly called Cruciferous)

I have recently gleaned the following very useful information and have decided to make it available to you; in an effort to assist you in developing or maintaining healthy eating habits.

Did you know that there is a particular family of vegetables that has more fat-fighting and health-boosting benefits than any other? I am talking about the Brassicaceous; a family of vegetables also called Cole Crops and there is a wide variety to choose from. Just take a look at all these options:

- Arugula
- Broccoli

- Brussels Sprouts
- Cabbage
- Pak Choy
- Cauliflower
- Collard Greens
- Kale
- Rutabaga
- Swiss Chard
- Turnips
- Watercress

And here are just some of their benefits:

#1 - Improved digestion, satiety, and weight loss!

Brassicaceous vegetables are high in fiber that promotes a healthier digestive tract while keeping you feeling fuller, longer. In fact, many studies have shown that increased fiber intake leads to lower weight levels and even weight loss.

#2 - Lower levels of belly fat!

One unique benefit of Brassicaceous vegetables is their ability to fight off dietary and environmental estrogens that we may be exposed to through soy, plastics, and pesticides through a special phytonutrient called indole-3-carbinol (I3C). Environmental estrogens have also been linked to high levels of belly fat, so by consuming more brassicaceous vegetables you'll be fighting off belly fat stores at the same time!

#3 - Increased Gut & Immune Health!

Even beyond the above two benefits a recent study published in the renowned journal *Nature Immunology* discovered that specific proteins in brassicaceae may play an essential role in gut health by boosting immune cell production and ultimately combating bacterial

infections, chronic inflammation and potentially even bowel cancer.

#4 - Anti-aging!

Brassicaceous vegetables have also been shown through research to boast antioxidant and anti-aging properties. In fact, one study showed that participants who consumed 1 - 2 cups of brassicaceous vegetables a day reduced their oxidative stress by 22% in just 3 weeks!

The list goes on and on with regard to what brassicaceous vegetables can do for your body and general health, so be sure to eat more of these "miracle" vegetables starting today!

While I cannot vouch for the veracity of all or any of the above health benefit claims, I have, over the last 5 years, increased my intake of green leafy vegetables, to include many in the brassicaceae family, with amazing results. They are all relatively low priced easily accessible and there is nothing to lose and possibly quite a lot to gain by consuming more of these vegetables.

Contributed by
Webster W. McPherson, J.P.,
President,
CASE Alumni Association

GET WELL SOON (by any means necessary)

Remember the following in your prayers:

Ole Farmer **Dr. Glynis FORD (Class of '81)** who was admitted to the intensive care unit at the University Hospital of the West

Indies in August in critical condition suffering from a debilitating illness, which disabled her ability to communicate and visitation was limited to very close family members.

Through your prayers she has progressed from the Intensive Care Unit, to Critical Care Unit of Ward 7, to General Care at Ward 4 and was finally released from the UHWI on October 31 to recuperate at home.

Please continue to pray for our recovering sister.

What an amazing God we serve!!!!

WHERE ARE THEY NOW?

Members at large would like to know the whereabouts of the following Ole Farmers:

Floyd BROWN (Class of '79)

Radcliffe KING (Class of '79)

Aston REID (Class of '77)

Anita WILLIAMS (Class of '79)

Harris YOUNG (Class of '77)

Anyone in possession of any form of contact information for the aforementioned is encouraged to submit same to

info@olefarmers.com

GONE BUT NOT FORGOTTEN

Ole Farmer **Yvonne "Queenie" GARDNER-GRINGLEY (Class of '82)** passed away Sunday,

September 29, in Santa Cruz, St. Elizabeth.

Ole Farmer GARDNER-GRINGLEY served the agricultural sector well as:

- Area Agricultural Extension Officer – RADA St. Elizabeth
- Parish Beekeeping Officer – RADA St. Elizabeth
- Marketing Officer – RADA St. Elizabeth
- Regional Marketing Officer – RADA Western Zonal Office.

The service of thanksgiving for the life and work of Ole Farmer GARDNER-GRINGLEY was held at the Balaclava Baptist Church, Balaclava, St. Elizabeth, on Tuesday October 15.

Ole Farmer **Barrington THOMPSON (Class of '89)** passed away Saturday, September 28, in Zion Hill, Richmond, St. Mary.



Ole Farmer THOMPSON came from a family with strong Ole Farmer ties being the brother of Ole Farmers Trevor THOMPSON (Class of '79) and Noel THOMPSON (Class of '80) and cousin to Oliver THOMPSON (Class of '78).

The service of thanksgiving for the life and work of Ole Farmer THOMPSON was held at the Zion Hill Baptist Church, Richmond, St. Mary on Saturday, October 12.

Mr. Cyprian MONCRIEFFE (44 yr.), a senior lecturer overseeing practicum at the College of Agriculture, Science and Education (CASE), was found dead at his campus flat on September 09, hours after he was reported missing by relatives. His death sent shockwaves throughout the school community.



A period of mourning for Mr. MONCRIEFFE began September 12 and flags on campus were flown at half-mast. A Remembrance Service was held Thursday, September 26, at the Sybil Rendle Hall on the East Campus of the College, followed by a candle light vigil.

The investigation into the incident by the Portland Police is ongoing.

Ole Farmer **Glynn "Power" WATSON (Class of '67)** The Home going service of thanksgiving for his life and work will be held at the Hampton Green Gospel Chapel, Corner Grants Crescent and Hampton Green

Drive, Spanish Town, St. Catherine (Right turn just before Left Turn to St. John's Road) on Saturday September 07.

Ole Farmer **Abraham "Fat B" BENNETT (Class of '65).** The Home going service of thanksgiving for his life and work was held at the Apostolic Church, Guys Hill, St. Catherine on Saturday September 07.

Ole Farmer **Dr. Winston "Christmas" NESBETH (Class of '68).** He was reportedly, tragically murdered and his wife seriously injured at their home in Kingston, on Saturday, August 24.

Ole Farmer NESBETH served as a demonstrator at the JSA in the early 70s before pursuing further studies; culminating with the Ph D. He was an entrepreneur who operated a restaurant in Kingston.

The Home going service of thanksgiving for the life and work of Ole Farmer NESBETH was held at the New Haven Seventh Day Adventist Church, New Haven, St. Andrew on Sunday, September 08.

He is the Tenth Ole Farmer to have faded for 2013 and the fourth for the month of August to date.

You all will be sorely missed:
<http://www.youtube.com/watch?v=mWmINbFIkw&feature=related>

CONDOLENCES

OFANA extends sincerest condolences to:

Ole Farmer **Glenroy GRIFFITHS (Class of '87)** on the passing of his mother Ms. Daisy LEWIS; on Monday, November 11. A service of thanksgiving for the life Ms. LEWIS will be held at the Christiana Gospel Chapel, Christiana, Manchester on Saturday, November 30, commencing at 11:00 am.

Where possible, Ole Farmers at large are encouraged to attend in support of our Brother and his family, as they grieve.

Ole Farmer **St. Aubyn THOMAS (Class of '81)** on the passing of his father Mr. Leslie THOMAS on October 14. The Late Leslie THOMAS served Jamaican Agriculture well through Executive and Board Membership of:

- Jamaica Agricultural Society,
- Jamaica Citrus Growers Association,
- Jamaica Coffee Grower Federation
- Jamaica Cocoa Growers Federation
- Clarendon Associated Branch society of the JAS

The service of thanks giving for the life and work of Mr. Leslie THOMAS was held at the Kylsith Baptist Church, Grantham, Clarendon on Saturday November 02; interment followed in the Oaklawn Memorial Gardens, Mandeville, Manchester.

Ole Farmer **Burthlyn 'Tyrax' POWELL (Class of '76)** on the passing of her mother Mrs. Maud POWELL on September 7. A service of thanksgiving for the life and work of Mrs. POWELL was held at the St. Thomas Anglican Church, Lacovia, St. Elizabeth on September 21.

You remain in our prayers.

FOR YOUR SAFETY

Let's face it Ole Farmers, for many of us the 'spring chicken days' are done and safety takes on new meaning.

A senior's safety in his or her own home should be of primary importance. All of the possible precautions that can be taken in creating a safe environment for a senior should be considered and changes made as necessary. Taking steps toward safety allows for the senior to remain safe, comfortable and offers opportunity for a better quality of life.

The **Society of Certified Senior Advisors** provides premier education for seniors and their caregivers.



Follow the SCSA on Facebook



INSPIRATION

God and Nature first made us what we are, and then out of our own created genius we make



ourselves what we want to be. Follow always that great law. Let the sky and God be our limit and Eternity our measurement.

Marcus Garvey