

# MMUSA/CAN Biannual Chronicle

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## Abusua Kese

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### Message from the Editor – By Dr. Benjamin Agyare



In December 2022, MMUSA/CAN officially launched their first newsletter, titled MMUSA/CAN Biannual Chronicle. This is now the second edition. As the name suggests, the newsletter serves several purposes, including:

1. Fostering engagement and maintaining a strong connection with MMUSA/CAN members.
2. Promoting networking opportunities and facilitating collaborations among members.
3. Serving as a platform to promote MMUSA/CAN events, initiatives, reunions, and gatherings.
4. Providing valuable resources and information for alumni's professional development.
5. Supporting fundraising efforts and encouraging alumni to give back to K'dua Sectech.
6. Recognizing and celebrating the accomplishments and contributions of MMUSA/CAN members.
7. Serving as a central source of information for MMUSA/CAN news and updates.

We aim to make this newsletter enjoyable and highly engaging. We encourage members to contribute articles that reflect on their experiences at Sectech and their journey through life after Sectech. Other suggested topics include the impact of alumni events and reunions, personal achievements, career milestones, success stories, career tips

and advice, personal development, words of encouragement, and more. Let's all contribute to making this newsletter an interesting and compelling document. Thank you.



### Hotel Booking for Koforidua Sectech Old Students Association

Link To Book Hotel: <https://www.marriott.com/event-reservations/reservation-link.mi?id=1686247943477&key=GRP&app=resvlink>

Rate: \$120/Night

Start Date: Friday, August 4, 2023

End Date: Monday, August 7, 2023

*Last Day to Book: Tuesday, July 4, 2023. Please note that rooms are limited, so don't wait till the deadline to book.*

### Kojo Antwi Concert

Date: Saturday August 5

Venue: Armenian Cultural Center Hall, 34 Boynton St, Worcester, MA

Ticket: \$85 (General Admission), \$120 (Limited Seating on First come basis)

## MMUSA/CAN Report for 2022 and Operational Budget for 2023 – By Dr. Kingsley Boateng

1. Introduction: The achievements of MMARIMA MMA globally are rooted in the strong foundation laid during our secondary school days at Koforidua SecTech. We aim to enhance education, foster unity, and play a significant role as stakeholders by standing together. **Our vision** is to be an integral part of every student's foundation at Koforidua SecTech and create a networking platform for alumni in the United States of America and Canada. **Our mission** is to bring together all former students to contribute to the development of our alma mater and serve as role models for current students.



2. Review of Year 2022: The year 2022 presented numerous challenges for MMUSA/CAN, including the loss of two influential members, President Barima Ba Nana Afedzi Mensah VI and a Board Advisor, Barima Ba Eric Adjei Mensah. Despite these difficulties, the association rallied its members to raise funds through an annual fundraising event. In 2022, a total of \$11,100 was raised compared to \$14,935 in 2021. Outstanding pledges for 2022 amounted to \$2,650. Although falling short of our \$20,000 target, we remain optimistic about 2023 and our efforts to secure resources for repairing and improving the infrastructure of our beloved alma mater.

MMUSA/CAN has continued its support for the National Math and Science Quiz (NMSQ) competition by sponsoring it with \$1,800.00. Additionally, we allocated \$1,250.00 for the establishment of a NMSQ Training Studio/Lab. This training facility will be designated as part of the proposed Nana Afedzi Mensah VI Center of Excellence in Education. MMUSA/CAN is also considering several other projects, including renovating the washrooms in all four old dormitories, estimated to cost \$32,000. Furthermore, we plan to establish an ICT Center as part of the Nana Afedzi Mensah VI Center of Excellence in Education. This ICT Center will provide resources such as audio/visual tools, LCD projectors, a computer lab, and an e-library. Lastly, there are plans to construct pavements to connect the dining hall with the dormitories and classrooms.

3. Association's Funding Sources: The association's main sources of funding are annual fundraising events and the sale of merchandise, including t-shirts, sweaters, jackets, and memorabilia. To increase revenue and establish an

endowment fund, the association has introduced annual membership dues of \$10 per month or \$120 per year. These membership dues, along with proceeds from fundraising events and merchandise sales, will contribute to funding ongoing projects and the development of the endowment fund.

4. Financial Report: Our total revenue for 2022, including balance brought forward, amounted to \$35,495, while our expenditure was \$8,780.99, resulting in a surplus of \$26,714.22. The detailed breakdown of income and expenditure for 2022 can be found in the spreadsheet provided in **Appendix A**.

A total of \$10,000 raised over the past two years has been allocated as seed money for the endowment fund. The remaining surplus funds are held in our TD Bank and PayPal accounts. House 4 has demonstrated remarkable philanthropy and has been consecutive winners of our Most Philanthropic House Competition since 2021. Dr. Joseph Poku was the winner of the Mr. Sectech Competition in both 2021 and 2022. The fundraising efforts in 2022 generated a total revenue of \$11,100, with contributions from only 34 individuals.

5. Plans For 2023: For 2023, our projected revenue is budgeted at \$60,800, while the proposed expenditure is \$34,600, resulting in a surplus of \$26,200. Approximately \$30,000 of the projected revenue is expected to come from the Dinner Dance, \$4,800 from monthly dues, and the remaining amount from other sources, as outlined in the budget provided in **Appendix B**. We plan to complete the renovation of 2 old dormitory washrooms. The project committee, the school authorities and all stakeholders have approved the scope of work and the project is expected to begin by the end of June. We also plan to complete and launch our membership database, which could significantly improve our networking.

Conclusion: MMUSA/CAN has remained steadfast in its commitment to enhance education, foster unity, and contribute to the development of Koforidua SecTech. Despite the challenges faced in 2022, the association rallied its members and successfully raised funds to support various projects. The establishment of the Nana Afedzi Mensah VI Center of Excellence in Education, sponsorship of the National Math and Science Quiz competition, and planned infrastructure improvements demonstrate our dedication to our alma mater. With the introduction of annual membership dues and continued fundraising efforts, we are optimistic about securing resources for future projects and the development of an endowment fund. The projected revenue for 2023 indicates

a promising outlook for MMUSA/CAN, and we remain committed to serving as role models for current students and fostering a strong network of alumni.

## The Heart and Sexual Performance: Nurturing Vitality at Every Stage of Life – By Dr. Joseph Poku

### Introduction:

Sexual wellness is an integral part of our overall well-being, and understanding the connection between our heart health and sexual performance is crucial. As we age, our cardiovascular system undergoes changes that can impact sexual function. However, by nurturing a healthy heart and prioritizing our sexual wellness, we can optimize our experiences throughout our lives. In this article, we delve into the effect of aging on the heart, strategies for maintaining heart health, and steps to optimize our sexual wellness.



### 1. The Effect of Aging on the Heart:

As we grow older, our heart experiences natural age-related changes. These changes include a gradual decline in cardiovascular fitness, decreased elasticity of blood vessels, and a slight decrease in heart muscle strength. These factors can contribute to reduced blood flow to the genital region and impact sexual performance. However, it is important to note that healthy lifestyle choices can slow down these age-related changes and help maintain a vigorous heart.

### 2. Maintaining a Healthy Heart:

**a. Regular Exercise:** Engaging in regular physical activity, including both aerobic exercises and strength training, can improve cardiovascular health, increase blood flow, and promote overall vitality. Exercise also releases endorphins, reduces stress, and boosts self-confidence, all of which can positively impact sexual wellness.

**b. Heart-Healthy Diet:** A balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats provides essential nutrients and antioxidants that support heart health. Limiting sodium intake and avoiding trans fats and excessive sugar are also crucial for maintaining a healthy heart.

**c. Regular Check-ups:** Routine medical check-ups allow healthcare professionals to assess and monitor heart health. Regular blood pressure checks, cholesterol screenings, and discussions about any concerns related to sexual wellness are essential for early detection and prevention of potential cardiovascular issues.

**d. Managing Chronic Conditions:** Conditions like diabetes, high blood pressure, and obesity can have a profound impact on heart health and sexual function. Proper management of these conditions through medication, lifestyle modifications, and regular medical supervision can help mitigate their effects and promote optimal cardiovascular and sexual wellness.

### 3. Optimizing Our Sexual Wellness:

**a. Communication and Emotional Connection:** Building open and honest communication with our partners about desires, concerns, and expectations can foster emotional connection and intimacy. Addressing emotional and psychological factors that can affect sexual performance, such as stress, anxiety, or relationship issues, is key to promoting sexual wellness.

**b. Healthy Lifestyle Choices:** Avoiding smoking, excessive alcohol consumption, and recreational drug use is vital for maintaining sexual health. These substances can impair circulation, affect hormone levels, and lead to sexual dysfunction. Prioritizing quality sleep, managing stress, and practicing relaxation techniques can also contribute to better sexual wellness.

**c. Seeking Professional Help:** If issues with sexual performance arise, seeking guidance from healthcare professionals, such as doctors or therapists specializing in sexual health, can provide valuable support and guidance. They can help address underlying medical conditions, offer counseling, or suggest appropriate treatments to enhance sexual wellness.

### Conclusion:

As we age, the impact of heart health on sexual performance becomes increasingly evident. However, with proactive measures, we can maintain a healthy heart and optimize our sexual wellness at every stage of life. By embracing regular exercise, a heart-healthy diet, and regular medical check-ups, we can support our cardiovascular system and promote vitality. Furthermore, nurturing open communication, adopting healthy lifestyle choices, and seeking professional help when needed, we can optimize our sexual experiences and enjoy fulfilling relationships. Remember, a healthy heart and sexual wellness go hand in hand on the journey to a vibrant and satisfying life. Knowing your blood pressure, cholesterol levels, hemoglobin A1C, and your family's health history for three generations will not only extend your life but also improve your sexual health.

***"K'dua Sectech shaped us, and it is our responsibility to give back and ensure that others are afforded the same opportunities."***

## Worcester 2023 - Join Us in Empowering Education at K'dua Sectech! – By Alhaji Lawal Ahmed



We are excited to announce that MMUSA/CAN, the Alumni Group of the Koforidua Senior High Technical School in North America, is organizing a special fundraising event on August 5 in Worcester, MA. Additionally, there will be a Kojo Antwi concert later that night, followed by a barbecue on August 6. We invite all members, friends, and supporters to attend this remarkable gathering and contribute to a cause that holds the key to transforming lives.

At Koforidua Senior High Technical School, we believe that education is the cornerstone of progress. It empowers individuals, uplifts communities, and paves the way for a brighter future. With this vision in mind, we are dedicated to supporting our alma mater and ensuring that every student has the opportunity to receive a quality education.

By attending our fundraising event, you will have the chance to reconnect with fellow alumni, reminisce about cherished memories, and strengthen the bonds that tie us together. It will be an evening filled with joy, laughter, and the warmth of shared experiences. Let's celebrate the legacy of our beloved school and honor the values it instilled in us.

But the event goes beyond nostalgia. It presents a unique opportunity to make a real and lasting impact. Your generous donations will directly support Koforidua Senior High Technical School, enabling us to provide essential resources, upgrade facilities, and expand educational opportunities for current and future students. The theme for this year's fundraising is 'Celebrating 55 Years of Koforidua Sectech,' and the proceeds will be used to renovate the dilapidated washrooms of the four houses of the school. Your invaluable contribution can go a long way in helping us achieve our vision. Together, we can create an environment that fosters growth, learning, and achievement.

If you are unable to attend the event, we kindly ask you to consider donating to support our cause. Every contribution, no matter the size, will make a difference in the lives of these students. Your support will be a catalyst for their dreams and aspirations, giving them the tools, they need to succeed in a rapidly changing world.

Let's support this initiative by MMUSA/CAN, and demonstrate the power of unity and collective action. Join us on August 5 in Worcester, MA, for an unforgettable evening of celebration, connection, and philanthropy. Together, we can create a brighter future for our beloved school and its students.

Your presence and contributions will be a testament to the enduring spirit of our alma mater. Together, let's empower education and ignite the flame of knowledge that will light the way for generations to come. See you on August 5!

## The Power of Alumni Groups: Connecting, Inspiring, and Succeeding Together – Joey Ahia

### Introduction:

The journey through education is a transformative experience that shapes individuals' lives, providing them with knowledge, skills, and memories that last a lifetime. But the end of formal education doesn't mean the end of that connection. Joining an alumni group allows graduates to maintain a valuable network and reap the benefits of lifelong connections. These groups provide a platform for continued growth, professional development, and a sense of belonging long after the academic journey ends. In this article, we will explore the importance of joining an alumni group and how it can positively impact personal and professional lives.



### 1. Fostering Lifelong Connections:

Alumni groups serve as a bridge between past and present, connecting graduates who have shared a common experience. These groups offer a vibrant community where individuals can reconnect with former classmates, teachers, and other staff members. Building and maintaining these relationships can lead to lifelong friendships, mentorship opportunities, and a sense of belonging. Whether it's through social gatherings, online platforms, or professional events, alumni groups provide an avenue for forging and nurturing connections that can last a lifetime.

### 2. Expanding Professional Networks:

One of the most significant advantages of joining an alumni group is the potential for expanding professional networks. Alumni often have diverse career paths, experiences, and expertise, making them a valuable resource for career development and job opportunities. By tapping into this network, members can gain access to mentorship, job referrals, industry insights, and even potential business partnerships. The shared educational background and sense of camaraderie within an alumni group create an environment conducive to professional growth and collaboration.

### 3. Career Advancement and Professional Development:

Alumni groups frequently organize career-oriented events, workshops, and seminars to support members in their professional endeavors. These offerings may include resume reviews, interview preparation sessions, industry panels, and skill-building workshops. Engaging in such activities can enhance professional knowledge, broaden perspectives, and help individuals stay up-to-date with the latest trends in their field. Additionally, alumni groups often facilitate access to exclusive job boards, internships, and alumni-led mentoring programs, providing invaluable resources for career advancement.

### 4. Giving Back and Impacting Future Generations:

Alumni groups play a vital role in giving back to their alma maters and impacting the lives of future generations of students. By volunteering time, expertise, or financial resources, alumni can contribute to scholarships, and other initiatives that enhance the educational experience for current students. The act of giving back not only creates a positive impact but also fosters a sense of pride and connection to the institution that helped shape their lives.

### 5. Lifelong Learning and Personal Growth:

Education is a lifelong journey, and joining an alumni group offers ongoing opportunities for learning and personal growth. Alumni often organize lectures, webinars, and discussion groups on a wide range of topics, allowing members to expand their knowledge beyond their specific areas of expertise. Engaging in intellectual and cultural activities within the alumni community fosters a sense of intellectual curiosity, encourages personal development, and helps individuals stay connected to the broader world of ideas.

### Conclusion:

MMUSA/CAN is a vibrant alumni group that serves the purposes described above. Joining MMUSA/CAN is a decision that can bring numerous benefits and lasting rewards. From fostering lifelong connections and expanding professional networks to accessing career development opportunities and making a positive impact, MMUSA/CAN serves as a powerful platform for personal and professional growth. Embracing the opportunities provided by MMUSA/CAN will allow our graduates to tap into a supportive network that can inspire, uplift, and empower them throughout their lives. So, whether you graduated last year or several decades ago, consider joining MMUSA/CAN and embark on a journey of continued connection, success, and lifelong learning.

***"Reconnect with old classmates, relive cherished memories, and make a lasting impact on the lives of current students."***

## **2023 Annual Fundraising & Dinner Dance**

**Venue: Tilton Hall, Clark University,**

**950 Main Street, Worcester, MA 01610.**

**Date: Saturday, August 5**

**Time: 5:00 pm - 9:00 pm**

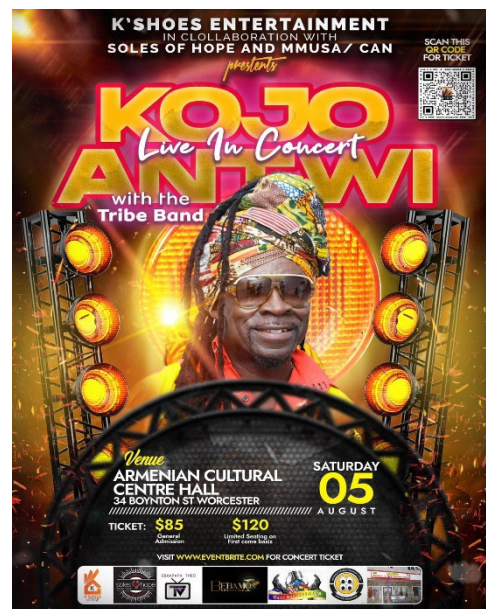


## **Barbecue**

**Venue: 414 Massasoit Rd., Worcester, MA 1604.**

**Date: Sunday, August 6**

**Time: 11:00 am - 4:00 pm**



**Appendix A**

**FINANCIAL REPORT FROM 1ST JANUARY TO 31ST DECEMBER, 2022**

No	Description	Incomes (\$)	Expenditure (\$)
	<b>INCOMES</b>		
1	TD Bank Opening Balance	10050.21	
2	Endowment Fund Seed Money (TD Bank)	10000.00	
3	2022 Fundraising (\$1700 via PayPal)	11100.00	
4	MMCanada Collective Donation	0.00	
5	2022 Monthly Dues	-	
6	2022 Funeral Funds	4345.00	
	<b>EXPENDITURE</b>		
7	Bank Charges (Cashier's Check)		0.00
8	Paypal Charges		85.99
9	NMSQ Sponsorship		1,800.00
10	Robotics Sponsorship		-
11	CPA Tax Filing Charges		350.00
12	Annual Post Office Box Charges		-
13	100 Ashfoam Metallic Single Monodesk		-
14	Website Hosting and Maintainance		200.00
15	NMSQ Studio Renovation		1,250.00
16	Worcester Armenia Hall Reservation		750.00
17	Adjei Mensah Funeral Donation		3,500.00
18	Adjei Mensah Funeral Expenses		545.00
19	Kobby Amoah's Wife Funeral Donation		300.00
	<b>TOTALS</b>	<b>35,495.21</b>	<b>8,780.99</b>
	<b>Income Surplus</b>		<b>26,714.22</b>

**Appendix B**

**MMUSA-CAN OPERATIONAL BUDGET, 2023**

No	Description	Incomes (\$)	Expenditure (\$)
	<b>INCOMES</b>		
1	TD Bank Opening Balance	10000.00	
2	Endowment Fund Seed Money (TD Bank)	10000.00	
3	2023 Dinner Dance Fundraising	30000.00	
4	MMCanada Collective Donation	0.00	
5	2023 Monthly Dues (\$120 X 40)	4800.00	
6	2023 Nana Funeral Funds	6000.00	
	<b>EXPENDITURE</b>		
7	Bank Charges (Cashier's Check)		0.00
8	PayPal Charges		150.00
9	NMSQ Sponsorship		2,000.00
10	Robotics Sponsorship		-
11	CPA Tax Filing Charges		350.00
12	Annual Post Office Box Charges		-
13	100 Ashfoam Metallic Single Monodesk		-
14	Website Rebuilding, Hosting and Maintenance		500.00
15	Final Phase of NMSQ Studio Renovation		500.00
16	Dinner Dance & BBQ		10,000.00
17	Renovation of at least 2 Old Washrooms		15,000.00
18	Nana Funeral Donation		4,500.00
19	Nana Funeral Expenses		1,000.00
20	Miscellaneous Funeral Donations		600.00
	<b>TOTALS</b>	<b>60,800.00</b>	<b>34,600.00</b>
	<b>Income Surplus</b>		<b>26,200.00</b>

*"Looking forward to seeing you in Worcester on August 5th. When Mmarima Mma come together, the Sectech legacy thrives."*