



MMUSA/CAN Biannual Chronicle

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Advancing Excellence: MMUSA's 2024 Year of Impact and Progress – By Barima Ba Dr. Kingsley Boateng, President, MMUSA



The 2024 report from the Koforidua Secondary Technical School Old Students Association in the USA (MMUSA) celebrates a year of impactful contributions and achievements under the theme **“The Role of Alumni in Shaping the Education Landscape.”** MMUSA continues to focus on uniting alumni, enhancing education,

and supporting Koforidua SecTech while serving as role models for current students.

A significant highlight was the school's historic achievement in the National Science and Maths Quiz (NSMQ). SecTech was crowned Eastern Regional Champions for the first time, overcoming formidable competitors like Pope John and St. Peter's, and advanced to the National Semi-Finals for the first time since 2009. This success was made possible by MMUSA's strategic support, which included annual financial contributions of **\$2,000** over three years to facilitate early training camps, nationwide practice quiz competitions, and participation in the national event. Additionally, MMUSA invested in transforming the Old Art Studio into a cutting-edge NSMQ Training

Studio/Lab, equipped with furniture, projectors, and laptops, as part of the Nana Afedzi Mensah VI Center of Excellence in Education.

Pictures before renovation



Pictures of current progress, 95% completion



The association also made significant strides in improving the school's infrastructure. MMUSA addressed the long-standing issue of deteriorated dormitory bathhouses, which had become unhygienic and unusable. Renovations included the completion of House 4 at a cost of **\$9,600** and House

1 at **\$11,300**, with the latter featuring special amenities such as a toilet for the physically challenged and additional upgrades. Notably, the renovation of House 1 was single-handedly sponsored by **Barima Ba Dr. Felix Effah**, whose generosity earned him the well-deserved title of **Mr. SecTech 2024**. This year, the renovation of House 2 bathhouse began, with a budget of **\$12,600**, reflecting increased costs due to inflation and the need for additional structural repairs, including the walkway canopy. These projects greatly improved hygiene and accessibility for students.

MMUSA's virtual fundraising efforts this year raised **\$12,160**, exceeding previous in-person fundraising totals, with an additional **\$4,350** in pledges outstanding. This innovative approach, coupled with bi-annual virtual and in-person formats, has enhanced the association's capacity to support its initiatives. To ensure long-term sustainability, MMUSA is building a **\$100,000 endowment fund** over the next decade, with 30–40% of annual fundraising proceeds allocated toward this goal. These funds will support scholarships, infrastructure improvements, and staff development.

Despite challenges, such as a decline in membership dues participation to **12%** (representing only 24 members), MMUSA remains focused on expanding its membership and generating additional revenue. The association launched a new website and searchable member database to foster networking and engagement. Plans for 2025 include completing the final dormitory renovation, expanding outreach, and introducing advertisements on the website as an additional revenue stream.

As President of MMUSA, I am deeply grateful for the unwavering commitment and hard work of every member who contributed to these successes. Together, we have demonstrated what is possible when passion and purpose align. I look forward to continuing this journey with all of you, knowing that our collective efforts will leave a lasting legacy for Koforidua SecTech and inspire generations to come. Let us move boldly into 2025, united by our shared vision and driven by the spirit of Mmarima Mma.

A New Era of Achievement: KSTS's Impactful Performance in the 2024 NSMQ – By Barima Ba Joey Ahia, Board Member, MMUSA



The 2024 National Science and Maths Quiz (NSMQ) marked a significant milestone for Koforidua Senior High Technical School, formerly Koforidua Secondary Technical School (KSTS). Their participation, coordinated by Osei-Agyeman Manu, was an extraordinary journey of preparation, achievements, and challenges, culminating in their best performance in nearly a decade.

Preparation for the competition began in November 2023 with rigorous student selection and training, led by a team of dedicated

teachers including Osei Manu Agyeman (Mathematics), Stephen Ofofu Kyere (Chemistry), Eric Nkansah (Chemistry), Stephen Adu-Gyamfi (Physics), Solomon Asare (Physics), Daniel Sarbah (Physics), and Samuel Opoku (Biology). The preparation involved internal drills, external trials with notable schools like Mfantshipim and Achimota, and consistent mentorship. The training emphasized arithmetic and numerical manipulation, creating a robust team of three contestants—Ahmed Alembil Awintuma, Raphael Amuzu Seyram, and Danso Gabriel Osei—who represented the school at the competition. The school benefitted greatly from the logistical and financial support of its management and the Mmarima Mma Old Boys' Association.



The team's journey commenced with a victorious outing in the Eastern Regional Championship, defeating strong contenders like Pope John Seminary SHS and St. Peter's SHS. This win not only secured their spot in the NSMQ but also established them as the Eastern Regional champions for the first time. At the national level, KSTS advanced directly to the 1/8th stage due to their regional championship status. After a challenging series of contests, including a tie-breaker at the 1/8th stage and a strong showing in the quarterfinals, they reached the semi-finals. Despite falling short in the semi-finals against Keta Senior High Technical School, the team's performance was commendable, marking only their second semi-finals appearance in the school's history.

The journey came with rewards and recognition, including monetary prizes for regional and national achievements. Support from the school's management and the Old Boys' Association, particularly MMUSA/CAN, played a crucial role, with contributions ranging from funding trials to providing tablets and internet facilities for the team. However, challenges such as the lack of motivation for trainers and inadequate training facilities were notable obstacles.

In conclusion, KSTS's NSMQ campaign was a blend of triumph and learning, emphasizing teamwork, preparation, and community support. The school aspires for greater achievements in future

editions, with recommendations to improve trainer incentives, student motivation, and infrastructural support. This year's success sets a strong foundation for an even more promising performance in 2025.



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My SecTech Journey: How AE & BE Inspired My Path to Cardiology – By Barima Ba Dr. Joseph Poku, Vice President, MMUSA



Barima Ba Dr. Joseph Poku (aka Paa Joe) has been board-certified and practicing electrophysiology since 2003. He joined Georgia Arrhythmia Consultants and Research Initiative in 2006. Dr. Poku graduated from Clark University, where he was inducted into Phi Beta Kappa and earned Honors in Mathematics, Biochemistry, and Molecular Biology. He obtained his medical degree from Tufts University.

Dr. Poku completed his internship and residency at Duke University, where he served as Assistant Chief Resident. He furthered his training with Cardiac

Electrophysiology and Cardiology Fellowships at the University of Pennsylvania. Currently, he serves as a Clinical Assistant Professor at Mercer School of Medicine.

Dr. Poku is a Fellow of both the American College of Cardiology (ACC) and the Heart Rhythm Society (HRS). He also serves on the Board of Trustees for Clark University, as a delegate to the Georgia Chapter of the ACC, and as Treasurer for the Association of Black Cardiologists.

Dr. Poku's journey as a cardiologist began at K'dua SecTech, where he obtained his foundational education. In the narrative that follows, Dr. Poku shares the story of his SecTech journey.

I am a proud alumnus of Koforidua Secondary Technical School (SecTech), House 4, Class of 1985. My story began within the halls of this great institution, and it was here that the seeds of my dreams were planted. SecTech wasn't just a school to me—it was the foundation of everything I've become.

Back in the mid-1980s, during my time as a student completing my O'Levels under the tenure of Mr. Dogbe, the headmaster, and Mr. Rockson, the assistant, I was driven by a deep curiosity. It was an era of intense academic rigor, and I thrived in the competitive environment of Applied Electricity (AE) and Basic Electronics (BE). These were not just subjects; they were gateways to understanding the intricate systems that govern the world—and, as it turns out, the human body.

SecTech was where I discovered my purpose. Despite the challenges of not having an English teacher for an entire year, I persevered. It was during this time that I had the opportunity to participate in the highly competitive selection process for the United World Colleges (UWC) movement. Representing SecTech, I faced off against the best minds from prestigious schools like St. Peters, Pope John, and Ghanass to become the Eastern Region Champion.

I wrote an essay as part of the selection process—an essay that would shape my future. In it, I expressed my dream of becoming a medical doctor and explored how I could use science to help people in so many ways. That essay earned me the title of Eastern Regional Champion, giving me the chance to compete at the national level in Accra.

It was during the national interview that everything came together. When one of the interviewers asked how I would use Applied Electricity and Basic Electronics in my future career, I spontaneously saw a connection. I recalled the sine waves I had studied on an oscilloscope and compared them to the waveforms produced by the human heart. Without any formal medical training at the time, I proposed a link between the two. That insight, though unplanned, set me apart from the other candidates and secured my selection for the UWC program.

The opportunity to study at a UWC institution in the United States was life-changing. I continued my education at **Clark University**, where I graduated Phi Beta Kappa with Honors in Mathematics, Biochemistry, and Molecular Biology. Building on this solid academic foundation, I earned my medical

degree from **Tufts University**, embarking on the journey to fulfill my dream of becoming a physician.

Today, as a cardiologist, I still work with the very tools I was introduced to at SecTech—oscilloscopes and the principles of applied electricity. I use them to diagnose and treat heart problems, fulfilling a vision that began in those classrooms all those years ago.

But SecTech is not just a chapter in my story—it is a part of who I am. It instilled in me the values of perseverance, innovation, and giving back. As the Vice President of MMUSA and a proud recipient of the "Mr. SecTech" award in 2022, I have made it my mission to support our beloved school. SecTech is one of the top five philanthropic institutions I contribute to, and it's slowly climbing to the top of my priorities.

However, SecTech cannot thrive on the efforts of a few. The infrastructure of our alma mater is aging and in dire need of support. Classrooms that once nurtured brilliance are now crumbling, and resources are stretched thin. If we, the products of SecTech, do not rise to support it, who will?

As someone whose life was shaped by this great institution, I urge all alumni, well-wishers, and supporters to join me in giving back. Together, we can ensure that SecTech continues to be the fertile ground for dreams, innovation, and excellence. No contribution is too small, and every effort counts toward building a legacy for future generations.

The future of SecTech is in our hands. Let's rebuild, inspire, and sustain the foundation that gave us so much. Our stories began here—let's ensure that many more can start theirs.

Let's give back to SecTech. Let's give back to the place that gave us the tools to succeed.

Ghanaian English

Teacher: "What is the plural of mouse?"

Student: "Mouses."

Teacher: "No! It's mice."

Student: "Okay, so the plural of house is hice?"

The Legacy of Dr. Felix Effa: A Pillar of Transformation and Excellence – By Barima Ba Samuel Asare, Secretary, MMUSA



On November 17, 2024, K'dua SecTech witnessed a remarkable celebration of selfless service, academic development, and community upliftment as Barima Ba Dr. Felix Effa was honored with the prestigious title of *Mr. SecTech 2024*. The ceremony, chaired by the distinguished Georgia-based cardiologist, Barima Ba Dr. Joseph Poku,

brought together illustrious personalities, and alumni to recognize the immense contributions of Dr. Effa.

Dr. Felix Effa, a 1989 alumnus of K'dua SecTech, exemplifies dedication, philanthropy, and leadership. His sole sponsorship of the complete renovation of the House 1 Bathhouse has transformed not only the infrastructure but also the daily experiences of countless students. This remarkable gesture underscores his unwavering commitment to fostering a nurturing environment for learning and personal growth.

The event featured an inspiring keynote address by Barima Ba Kojo Adomako, who highlighted the transformative impact of Dr. Effa's contributions to the school and the broader community. The audience was captivated by stories of resilience, generosity, and a vision for the future that transcends individual achievement.



Dr. Effa's journey from humble beginnings in Suhum, Eastern Region, to becoming a successful healthcare professional and businessman in the United States is a testament to perseverance and faith. His passion for education and community upliftment has seen him sponsor the education of over 30 individuals, including lawyers, nurses, teachers, and agricultural officers, as documented by numerous testimonies. Among them is Maxwell Delali Amuzu, who credits Dr. Effa for sponsoring his legal education and supporting him to become a Barrister and Solicitor of the Supreme Court of Ghana.

Dr. Effa's philanthropic efforts are complemented by the support of his wife, Mrs. Georgina Effa, whose encouragement and nurturing spirit have amplified their impact. Together, they have created opportunities for individuals like Fovi John Kojo, who achieved his dream of becoming an Agricultural Extension Officer with their support, and Effa Doris Awuku, who completed her Diploma in Nursing under their guidance.

This year's celebration of Dr. Effa's achievements was not merely a recognition of his financial contributions but an acknowledgment of his enduring legacy as a mentor, father figure, and advocate for excellence. The crowning of Dr. Felix Effa as *Mr. SecTech 2024* is a reminder of the profound difference one individual can make when guided by purpose and compassion.

As we reflect on his extraordinary journey and contributions, let us be inspired to emulate his values of resilience, selflessness, and commitment to community transformation. Dr. Effa's story is not just a celebration of his achievements but a call to action for all to invest in the future through education and philanthropy. Indeed, his life is a beacon of hope, lighting the path for generations to come.

Rebuilding the Legacy: A Call to Action for Mmarima Mma – By Barima Ba Richard Pratt, President, MMCAN



My journey is a testament to the power of foundational experiences and the enduring bonds of community. As an alumnus of K'dua SecTech, I hold a deep sense of pride and gratitude for the role the school played in shaping my life. It was at SecTech that I first delved into Metal Work, honing skills that would later serve as a stepping stone toward my career in Building Construction.

I completed my Form Five in 1978 and Sixth Form in 1980, and those years laid the groundwork for the person I am today.

Today, I reside in Canada, where I serve as the president of the Canada Chapter of Mmarima Mma, a vibrant alumni association dedicated to giving back to our beloved SecTech. The journey of this chapter began in 1997, long before the advent of modern communication tools like WhatsApp and Facebook. Back then, organizing meetings and coordinating efforts was no small feat. We relied on grassroots methods—meeting in one another's homes, making endless phone calls, and traveling long distances. I even traveled to the UK to inspire the establishment of a chapter there. Despite the challenges, our shared commitment to SecTech kept us united.

In 1999, our collective efforts culminated in a significant milestone when we rallied the Mmarima Mma diaspora to donate sports equipment to K'dua SecTech. It was a moment of pride, a testament to what we could achieve together, even in an era without social media to facilitate communication.

Over the years, technology has transformed how we connect. Virtual tools now enable us to meet with ease, bridging distances and making it simpler to pursue our shared goals. As a member of the Project Committee, I have seen firsthand how our commitment extends beyond meetings. Our committee carefully oversees projects, ensuring contracts are awarded to the most qualified contractors and sending technical experts to inspect completed works. Every effort is driven by our collective desire to see K'dua SecTech flourish.

However, as I reflect on the current state of our alma mater, I am deeply concerned about its deteriorating infrastructure. The buildings that once stood

as beacons of our dreams now struggle to hold their ground. This is a call to action for all alumni, near and far.

Let us honor the legacy of K'dua SecTech, the place that nurtured our potential and equipped us for the world. I urge every member of this esteemed community to lend their support in any way possible—whether through time, expertise, or resources. Together, we can restore and revitalize our beloved school, ensuring it remains a haven of learning and inspiration for generations to come.

The foundation SecTech gave us is unshakable; let us now return the favor and rebuild its walls, stronger than ever. The future of countless students depends on it.

Old Friends:

Shakespeare said, "New friends may be poems, but old friends are alphabets. Do not forget the alphabets, because you will need them to read the poems."

Form One to Three, No Cheese – By Barima Ba Dr. Benjamin Agyare, Media Technology Officer, MMUSA and Editor of the Mmarima Mma Biannual Newsletter



When I reminisce about my days at K'dua SecTech, one particular incident always comes to mind—a moment that encapsulated both the spirit of youth and the bittersweet realities of life. I like to call it, "Form One to Three, No Cheese."

It was during my time in Form Two in 1986 that my classmate, Frederick Lamptey, casually dropped a piece of information that changed the trajectory of my day. "Today's lunch includes cheese," he announced with a grin. Now, for those who have never known the allure of cheese as a teenager—let me tell you—this was no ordinary revelation. I had heard whispers of its creamy delight but had never tasted it myself. So, when Lamptey promised to share his portion with me, my excitement was profound.

As the school bell chimed to signal the end of classes at 2:00 pm, I, a dutiful day student, made an uncharacteristic decision to linger around the dining hall. The energy was electrifying—faces lit up with joy, voices buzzing with anticipation, and spirits soaring as high as the midday sun. I positioned myself strategically, ready to receive my share of this much-hyped delicacy.

And then, the announcement came—a booming declaration that shattered my culinary dreams:

"Form One to Three, no cheese!"

The words hit me like a ton of bricks. My heart sank. Was this how dreams died? On the edge of a dining hall, under the harsh decree of a prefect's voice? My disappointment must have been written all over my face because Lamptey, ever the optimist, urged me to stay put.

Soon, the cheese was served, and to my astonishment, it did not live up to the hype. The more experienced cheese-eaters—Forms Four and Five, as well as the Sixth Formers—grimaced and left their portions behind. But Lamptey, true to his word, salvaged some for me. As I took my first bite, I discovered that cheese, much like life, could be an acquired taste. It wasn't the ambrosia I'd envisioned, but it was mine, and for the first time, I tasted cheese.

As I walked home that day, a newfound sense of pride bubbled within me. The cheese itself may not have been remarkable, but the experience was. I felt like I belonged to a larger story, one where I could now contribute my own anecdotes to the endless banter of class discussions.

As I often reflect on this story, it reminds me of the joy, camaraderie, and resilience that defined our days at K'dua SecTech. It's also a story that underscores an important truth: what we have today, we owe to the foundation that SecTech gave us.

Our beloved SecTech needs us now more than ever. The physical infrastructure, particularly the toilets and bathhouses, is in dire need of renovation. The classrooms where we laughed, learned, and loitered are showing their age. The dining hall, where many of us experienced moments like mine, requires significant upgrades to continue serving future generations of students.

This is our chance to give back. Whether through financial contributions, volunteering our time, or leveraging our networks, we can all play a role in restoring SecTech to its former glory. Imagine future students creating their own "cheese" stories in a space that reflects the pride we have in our school. Let's not just reminisce about the past; let's invest in the future. Let's ensure that K'dua SecTech continues to be a place where dreams, however small, can take flight—even if it's as simple as a day student waiting for their first taste of cheese.

Together, we can make a difference. Because, at the end of the day, it's not just about cheese—it's about the legacy we leave behind.

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When Mmarima Mma reunite, legacies are strengthened.

Beyond the Halls of K'dua SecTech: Stories of Triumph and Giving Back – Barima Ba Samuel Mensah, Board Member, MMUSA



My name is Samuel Mensah, affectionately known as "I Pren" by my year group, and I wear the badge of a proud Barima Ba wherever I go. Completing my journey at SecTech in 1991 marked the beginning of a transformative chapter in my life, one that has shaped me into the person I am today. SecTech taught me resilience, adaptability, and the ability to navigate life's challenges, both calm and turbulent. It is because of these lessons that I am

now privileged to lead as the CEO of SJ Group of Companies, overseeing seven different enterprises.

My time at SecTech was far from easy, but it was invaluable. The challenges I faced during those formative years laid a solid foundation for the successes I now enjoy. SecTech was not just a school; it was a crucible that forged the steel of character and ambition within me. Whether dealing with the complexities of family life or the high-stakes decisions of business, the life skills and principles I gained during my time there have proven indispensable.

Today, I count myself blessed to have walked the halls of SecTech. This institution has given me so much, and I have always felt a deep responsibility to give back. Through my foundation, S Radio 5 FM Foundation, Inc., I have

endeavored to contribute to the ongoing efforts of Mmarima Mma to ensure SecTech remains a beacon of hope and excellence for generations to come.

However, as we all know, our beloved alma mater is facing significant challenges. The infrastructure that once supported our dreams is now crumbling, threatening the same opportunities that molded us into who we are. It is in this spirit that I, on behalf of the executives of Mmarima Mma USA and Canada, appeal to you—our global SecTech family—to come together, pool our resources, and rise to the occasion.

SecTech gave us the tools to succeed. Now, it is our turn to invest in its future. Imagine the impact of our collective efforts—not only on the school but on our own personal and professional networks. Together, we can rebuild SecTech into a thriving institution that will inspire the next generation of leaders, just as it did for us.

As a crowned winner of Mr. SecTech 2023, I stand as a testament to what SecTech can produce. Mmarima Mma, let us embrace our motto, “**Arise and Shine,**” and put it into action. Let’s work hand in hand to ensure that SecTech continues to shine as a beacon of excellence and opportunity.

I urge you to join me in this noble cause. Together, we can make a lasting impact—not only on our alma mater but on the lives of countless young men and women who will walk the same path we once did.

Mmarima Mma, Arise and Shine!

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