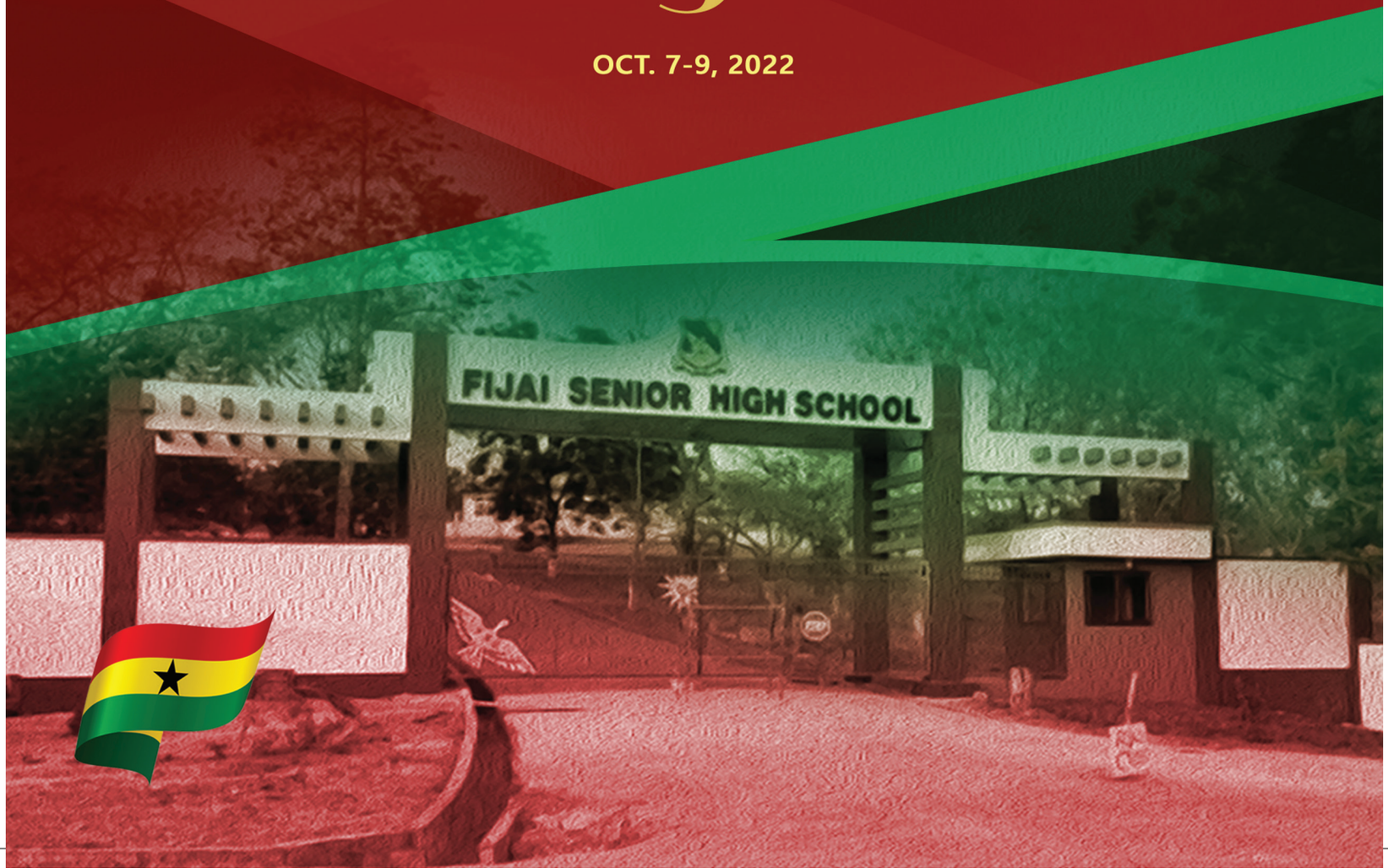
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FIJAI OLD STUDENTS'
NORTH AMERICA GROUP

ORLANDO-FLORIDA

1st FOSA congress

OCT. 7-9, 2022



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5 YEARS	45%	GHC 6,000
15 YEARS	55%	GHC 10,000
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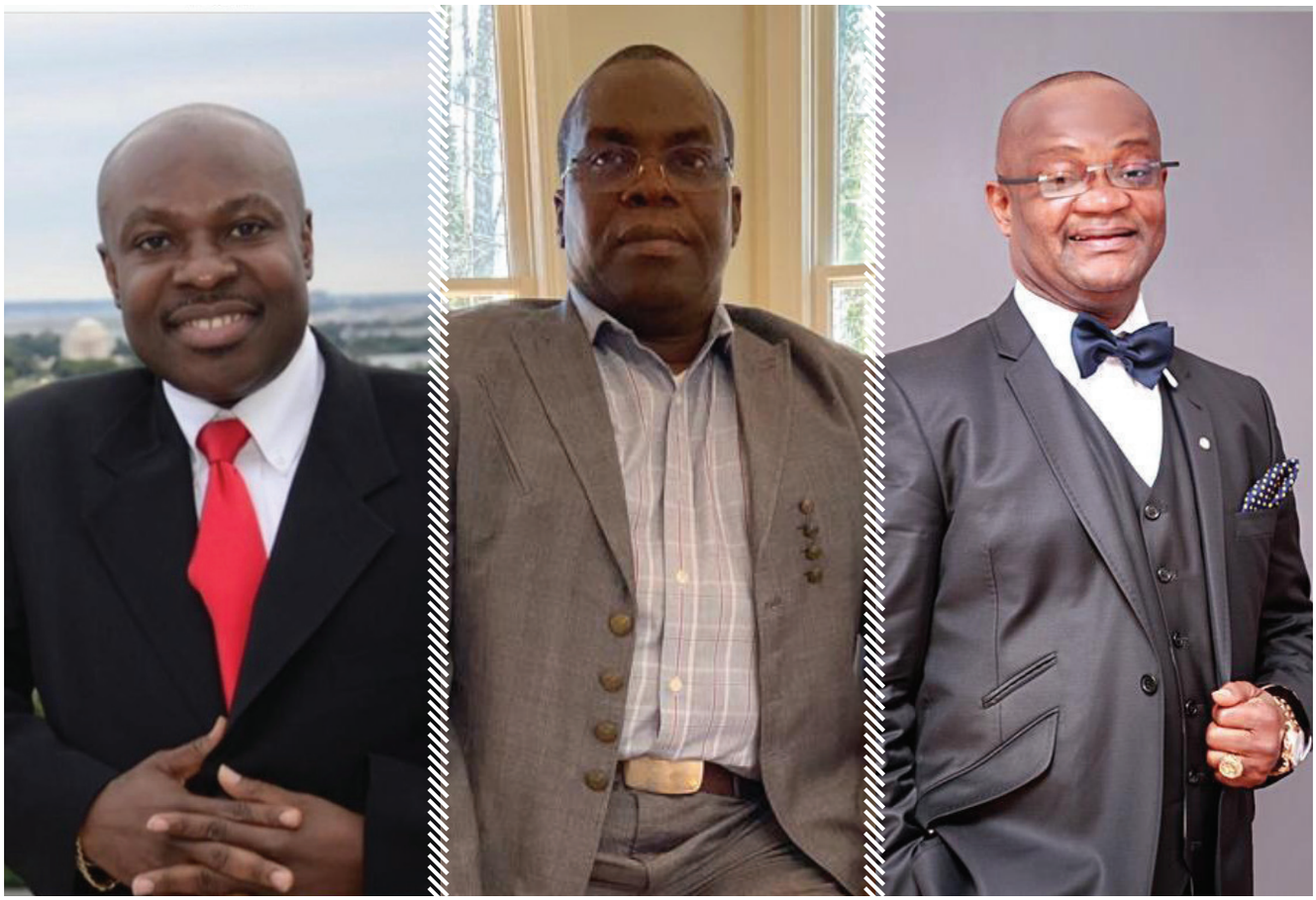
Strengthening Alumni Networks:
A Key to Growing and Building a Formidable Alumni Association





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FOSA N.A. EXECUTIVES



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(1st Vice President)

Andrew A. Menash Sowah
(President)

Mark Kojo Boafo
(2nd Vice President)



Aba K. Sam
(Secretary)

Linda Asamoah Lawrence
(Financial Secretary)

Baba
(Organizer)

Isaac Osei-Sarpong
(PRO)

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2020 HOME COMING CHAIR
- Gifty Baidoo



2020 HOME COMING RAFFLE ORGANIZER
- Patricia Asiedu

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Program Overview

Fri. Oct. 7, 2022

Evening @ 6pm



- Meet and Greet (Dr. Edusei's House)

Sat. Oct. 8, 2022

Morning @ 9am - 2 pm



MC - *Dr. Prissie Coomson*

- Opening prayer: *Mr. Andy Mensah-Sowah*
- School Anthem
- Introduction of Guest speaker: *Mr. Andy Mensah-Sowah*
- Speakers: *Dr. Stephanie Binder and Rev. Dr. Robert Enchill*
- Q & A
- Vote of thanks: *Mr. Mark Boafo*
- Closing Prayer: *Mr. Emmanuel Danquah*

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Sat. Oct. 8, 2022 - Dinner

Evening @ 6pm - 11pm

MC - *Dr. Kafui Gbewonyo*

- Opening prayer
- Acknowledgement of guests and attendees
- President's Message
- Message from the Headmaster
- Message from the raffle winner (Derrick Baidoo)
- Open microphone
- Fundraiser
- Dinner/Dance
- Awards/Recognition
- Vote of Thanks - Mr. Isaac Osei-Sarpong
- Closing prayer: Mr. Emmanuel Danquah

Sun. Oct. 9, 2022

Morning @ 8:30 am



- Morning Service (Attire - African wear)

Afternoon @ 1 pm



- - Picnic - Dr. Edusei's home

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SCHOOL ANTHEM

1 We started young in earnest
In search of knowledge pure and true
And at our motherland's behest
To give our country of our best
And so we are daily struggling through
Ad astra per aspera
To the stars, to the stars, to the stars
Through thick and thin.

2 We've suffered much privation
But God is surely on our side
His rod and staff have led us on
And strengthened us on task to shun
With him we'll quicken still our stride.
Ad astra per aspera
To the stars, to the stars, to the stars
Through thick and thin.

3 Nor will we rest nor wander
Our vain and selfish laurels seek
But honesty ourselves bestir
Full service to your land prefer
And so we'll fly however weak
Ad astra per aspera
To the stars, to the stars, to the stars
Through thick and thin.

SCHOOL HYMNS
YOUNG SOUL

1 Young souls so strong the race to run,
And win each height sublime,
Unweary still would ye march on,
And still exulting climb?

2 Walk with the Lord along the road,
Your strength He will renew;
Wait on the everlasting God,
And He will wait on you.

3 Aspiring eyes ye still shall
Raise,and heights sublime
Explore, like eagles ye shall
Heavenward soar.

4 Your wondrous portion shall be this,
Your life below, above,
Eternal youth, eternal bliss,
And everlasting love.



FOSA
North America Group

President's Message



ANDY
MENSAH-SOWAH

President FOSA
North America Group

FOSA North America Group – as part of Fijai Old Students Association Global fraternity, was born like any other old students association, to embody all Young Souls in North America-comprising United States, Canada, and Mexico. Like any other old students association mentioned earlier, it became necessary that all Young Souls in United States come together to form FOSA in North America, precisely in the United States. It was around June 2011 AD , when some concerned young souls like myself Andrew (1984/1987), Kwame, Manni (1989), Dr. Kafui Gbewornyo, Dr. Kweku Enos (1970), Mr. Onumah, and Mr. Ghartey met in Baltimore, Maryland to start the FOSA in the United States. Many young souls were invited in that maiden meeting to officially start the FOSA branch in the United States of America. Only the above mentioned young souls showed up at Baltimore in Dr. Gbewornyo's residence. Several eatables and munchables had to be shared amongst ourselves since we could not let it go wasted. We could not do much since only six of the above young soul were present. We ate, encouraged ourselves to continue meeting and sharing with the sole aim of making Fijai Secondary School our mission to help our Alma Mata as other old students in the United States. Our trying to meet again for the second time, proved futile for some reasons unknown, we could not meet again after the first meeting in Baltimore, but **a seed was sown.** I'm glad that, that "viable seed" of commencing the group was sown-It's still germinating because the seed was a viable one with active young souls joining the group every day.

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Late Rev. Dr. Class Peters

Around five years ago in June-July I received a call from the late Reverend Dr. Class –Peters, who discussed with me about restarting the group, I firmly believe, Dr. Class-Peters might have done his homework, calling and discussed with so many young souls about the same idea. I know this to be the truth, because some young souls I invited and discussed with the idea told me that Reverend Dr. Class-Peters called and discussed the idea with them earlier. We began meeting on the conference telephone line with few young souls coming on the line with Dr. Class-Peters moderating on the conference line. The meeting on the conference line continued every week on weekends. Many young souls continued on and off the conference line weekly discussing the school and how we would make this FOSA formation stand and be thriving to survive. There are times nobody showed on the conference line but me and Dr. Class-Peters. We encouraged ourselves in that a seed takes time to germinate. Several times that we met on the conference telephone line, we sound encouraging ourselves very much, since we found out that we cannot coerce any young souls to come on the line or to become members of the group, even though there are thousands of well-educated young souls in United States who are potential members of the group. We almost receive and welcome new young souls every time we meet on the conference line. This is how we settled on the conference line we are using today, very active and energetic young soul, like Aba Kweigyirba Sam, or however you may want to call her after becoming extremely active with the group introduced, Mr. Emmanuel Danquah-Virginia, who is currently building our FOSA website and as mentioned, the same Mr. Emmanuel Danquah created the TEAMLINK for the same purpose. Since then, these Young Souls have been un-relented with the dealings of the group, they would take on every task given to them for as much as the group is concerned. Dr. Class-Peters continued to sell the idea until his untimely death exactly two years ago. May his soul RIPP. Dr. Class-Peters shared his vision concerning the FOSA North America Group to become an UNBRELLA group embracing all year groups, even planning a NATIONAL REUNION of all young souls, inviting the current or whoever the headmaster at the time to be in the United States. It was as if Dr. Class –Peters was saying, Andrew I'm leaving very soon, and this is what I want you to do whilst I'm away in eternity. We usually sing the "school Hymn, YOUNG SOULS SO STRONG THE RACE TO RUN" whenever we started the meeting on the conference line. Dr. Class-Peters had a lot of vision for the group, no wonder he participated actively in the previous HOMECOMING meetings in Ghana before his demise. He was Bishop-elect, and was going to be officially ordained before he died, and the plan was after his ordination, we were going to travel to Ghana to be part of the 2017 Home coming, but the plan was never materialized because of his death. Those who were present at his funeral saw how young souls all over United States and worldwide came to celebrate his funeral because he availed himself in every activity pertaining to the school.

The desire to make the group an exceptional, coupled with his un-relentlessness energy that I saw, made me to carry the mantle to continue to help the group to thrive and flourish. Even though, trying with a small group of young souls determined to work to bring other young souls in the United States has not been easy. Other young souls had promised to join the group, others even get angry or annoyed for mentioning the existence of the group, additionally, others would openly tell you, "I'm uninterested. That has not been a discouragement to the few young souls determined to sell the FOSA idea to comrades of young soul in this country. We are growing by the numbers on every bi-weekly meeting on Sundays on the TEAMLINK.

Like how the School's Anthem or Motto say, THROUGH THICK & THIN we would live and live longer God Willing, Thank you **ALL-YOUNG SOULS-SO STRONG THE RACE TO RUN, THROUGH THICK AND THIN.**

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Fijai Senior High School

Headmaster's Speech



Fijai Senior High School is a school very dear to my heart. To me my position as the headmaster of Fijai Senior High School is a divine duty. In January, 2014 when I was reposted to Fijai Senior High School as an Assistant Headmaster, little did I know that I will rise to become the headmaster.

My vision for Fijai Senior High School is for the school to become one of the best Senior High School in Ghana and beyond in all spheres of endeavour- academic, discipline, sports and many more. Currently I can say for a fact that Fijai Senior High School is the best mixed school in the Western and Western North Regions of Ghana.

I see my relationships with the current students, past students, and parents very crucial in achieving my vision for the school.

I see the past students as the most valuable stakeholders. In fact my pride is in the past students. I can only boast of Fijai Senior High School as being a very good school by making references to the achievements of the past students. Again the achievements of past students serve as motivation for current students to excel in their academics.

My relationship with current students is equally important to me because their success is my strength. When they fail it means I have also failed. On the other hand when they excel, I have also excelled.

Parents play a very important role and my relationship with parents cannot be underestimated. Parents need to provide for their wards to help them excel academically. A very good relationship with the parents has a positive impact on the attitude of students towards teaching and learning.

I call upon all stakeholders to put their shoulders to the wheel in making Fijai Senior High School the school of choice. The greatest challenge we are facing is the increasing indiscipline among students. This has to be addressed holistically and we need the involvement of all stakeholders.

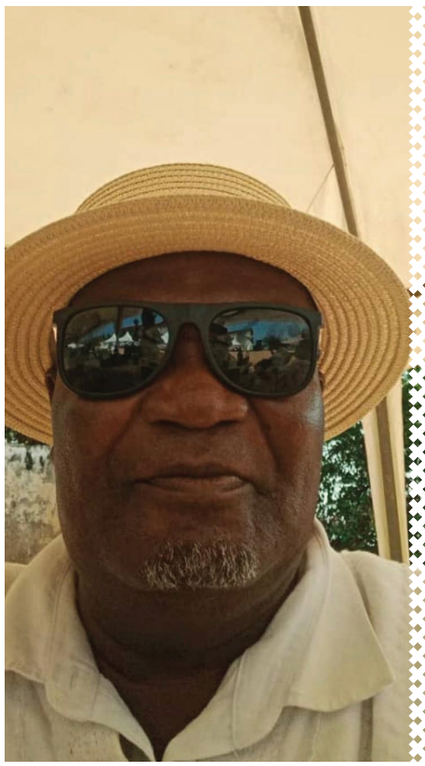
◀◀◀

KENNETH D. AGBOMADZI

M.Ed (IT), PP.D.E., B. SC (Hons) Agric

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FOSA GHANA DELEGATION



Joe Ocloo Nyamadi
(Former Headmaster, Fijai SHS)



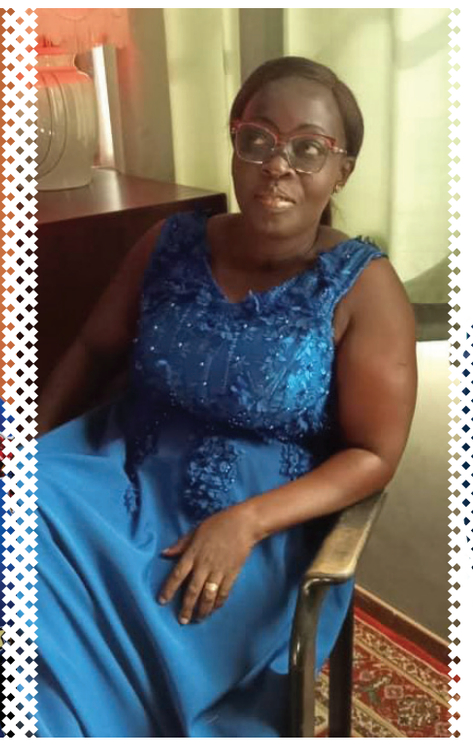
Matilda Annan



Bridgetta Owusu Danso



Theodora Lomoki Nartey

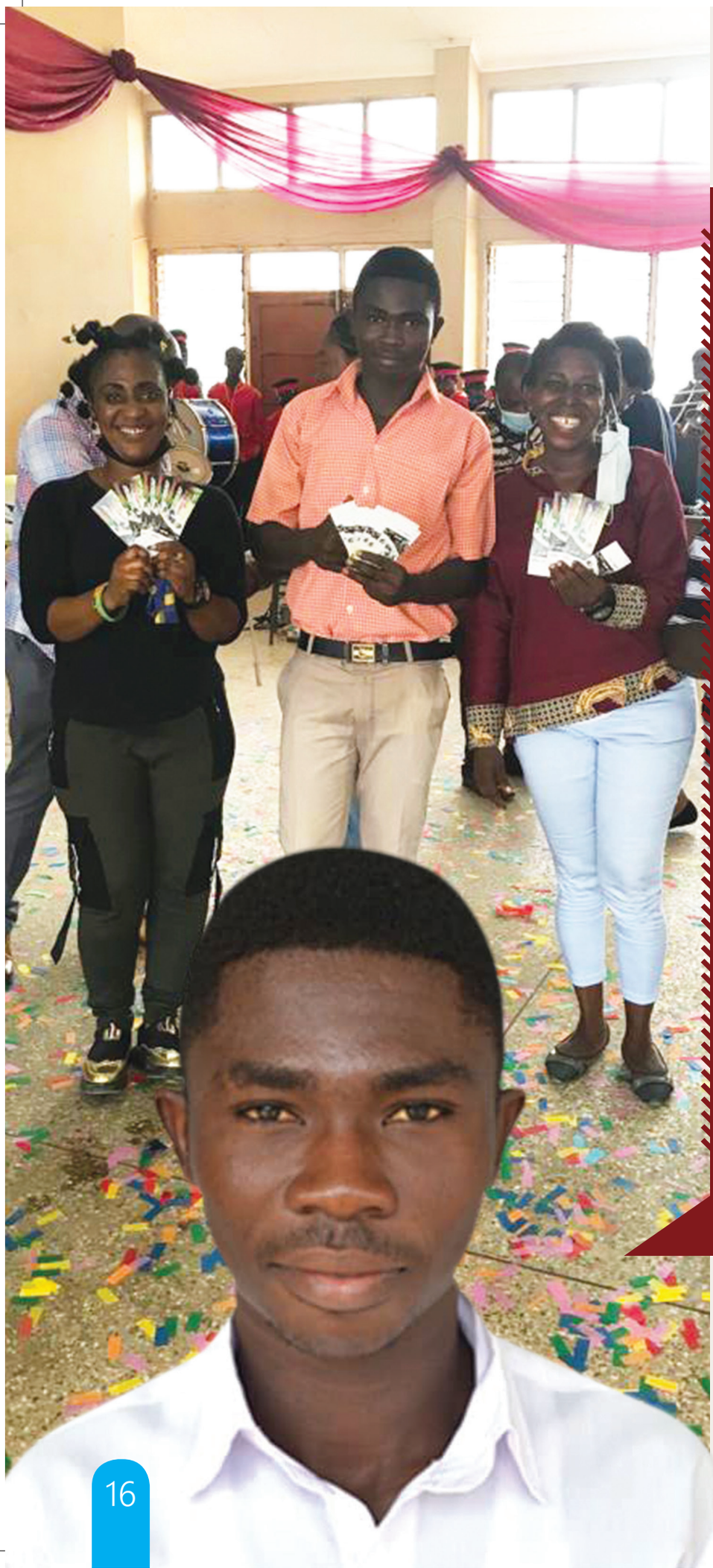


Antionette Ametewee



Patricia Armah
General Secretary (NEC FOSA Ghana)

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I am very grateful to the executives and the entire membership of FOSA North America for this great opportunity given me to be part of this maiden Congress.

My stay in Fijai Senior High School for the past three years, as a student, has witnessed massive improvement in the school's infrastructure by the Fijai Old Students' Association (FOSA). FOSA North America in particular donated five laptop computers to the school's Science and Maths Quiz Team early this year.

This has motivated the team and they are performing better.
I am highly inspired by your commitment to giving back to your alma mater. I hope to join you soon in this act of benevolence when I start working.

Long live Fijai Senior High School!
Long live Fijai Old Students' Association!!.

RAFFLE WINNER
Derrick Baidoo

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FOSA NA Group Donation to Quiz Team



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FOSA NA Group Donation to Quiz Team





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Sponsored FOSA NA Group 70th Anniversary Raffle



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Sponsored FOSA NA Group 70th Anniversary Raffle







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FIJAI SEC. SCH.

AD ASTRA PER ASPERA

PERTINENGER MEMORIAL LECTURE

IN MEMORY OF

PHILOMENA OSEI-SARPONG

THEME:

'LEADERSHIP': EMBRACING A FIJAI CADET

FIJAI SEC. ASSEMBLY HALL.SEKONDI

13TH DECEMBER, 2022

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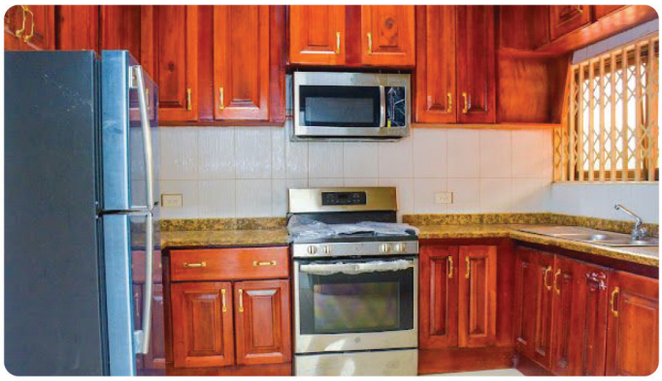
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Aquiline Hills

EDITORIAL

What has now become Fijai Senior High School at Aquiline Hills, began with 30 boys and eight girls on 29 January 1952 in the buildings of the old Sekondi hospital.

In 1955, the school moved to Aquiline Hills where it assumed its name Fijai Secondary School and later Fijai Senior High School, upon the introduction of the Senior Secondary System.

Over the years, the Ad Astra Per Aspera, meaning "To the Stars Through Thick and Thin" motto of the school sunk low. So low that the school was down-graded, with dilapidated of its infrastructure.

But the school will not go down and lived up to its slogan of "getting to the stars through thick and thin". A vibrant Fijai Old Student Association(FOSA), a formidable school Administration and a well-oiled PTA rejuvenated FIJAI and the Aquilline Eagle was reawakened. And now it's a category "A"

The year 2015 saw the resurgence of alumni activity through FOSA and Fijai's rebirth; under the able chairmanship of Henry Biney, Rev. Dr. Class Peters, part pioneer of FOSA United States was also part of what drew FOSA's five year development plan.

The schools' 2020 Home Coming saw the birth of an exciting partnership between the 1988/90 host, and FOSA North America Group. The Home Coming Chair, Gifty Baidoo and the Visionary leadership of FOSA's 1st President FOSA USA GROUP ANDY MENSAH-SOWAH saw an unprecedented collaboration, resulting in the first ever raffle draw to boost FOSA's fundraising effort towards the 2020 Home Coming.

Our work together is what you are seeing today towards the 1st FOSA Congress in the USA was like a match made in heaven. Our great partnership is the result of what you see today.

It was evident from the beginning, particularly from the President of FOSA North America Group and his desire to seek sponsorship for the headmaster and a student to FOSA's first ever Congress in the United States of America.

What's started as a faint idea and an unrealistic dream is now a 1st of its kind Congress and 1st ever visit from a sitting head master, and 1st participation of Alumni from Ghana and a 1st student present student and a winner of the First Student Raffle winner.

It is time for us all to join hands as we strengthen our alumni relationship here and overseas.

God bless you all and may God bless our FOSA





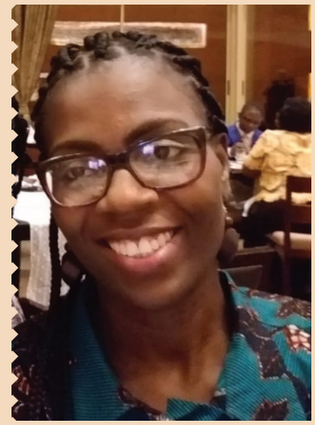


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Kwame Boateng-Bediako


Emmanuel Dankwah


Naana Turkson


Freda Sallar


Dr. Prissie Coomson


Dr. Stephanie Binder (MD)

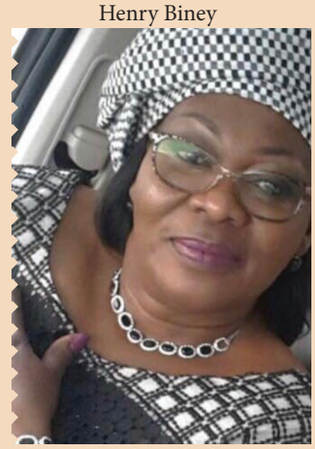

Genevieve Christina Dzikunu


Henry Biney


Linda Kwakye


Gifty Quainoo


Linda Asamoah Lawrence


Evelyn Akofur

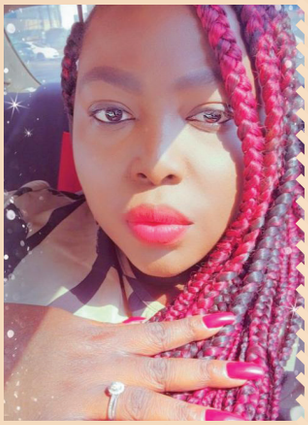

Andrew and Wife


Joe Mensah-Onumah


Kodwo Annan


Mark Kojo Boafo

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Irene Appiah Siriboe


Rev. Dr. Robert Enchil

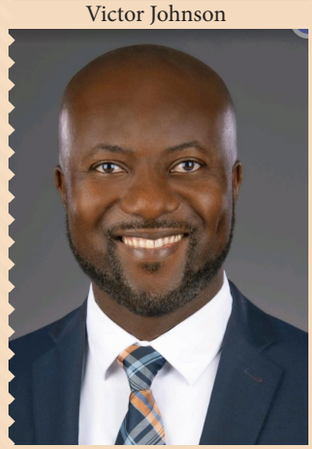

Justice Damoah (St. Johns SHS)


Victor Johnson


Salih Abdul Samad


Anna Boham Desbordes


Patricia Armah


Michael Arthur Mensah (GSTS)


First FOSA Congress.!! Congratulations !!!

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Congress' Speaker ▸▸▸

"Keys to a STRONGER Fijai"



Dr. Stephanie Binder (MD)

I would like to thank the organizers of this first ever FOSA congress and for all and sundry who have in one way or another made this congress come into being. There is a lot involved in planning, scheduling and carrying out of this fun and educative weekend.

Committee chairman, the FOSA NA group president, the planning committee members and the FOSA NA group members.

I would like to cordially welcome everyone who has traveled from near and far. My name is SB ,I belong to the 89/91 FOSA year group. I feel very fortunate and grateful to have the honor and opportunity to address all of you on our maiden NA FOSA congress.

My title of my speech for today "Keys to a stronger Fijai" factors into the theme for the congress "Strengthening Alumni Networks: A key to growing and building a formidable alumni association"

This was primarily chosen to see how we can make an already great school even stronger.

Without exception, every school aspires to prepare and mentor its students for productive careers and meaningful lives, and in return share their talents through civic engagements during their school years and beyond. Fijai has done exactly that!

Each institution also points with pride to the successes chalked by its alumni and the contributions to the country and world at large. We all claim them as our most important output and the yardstick by which we measure the effectiveness of what we learnt as students of our great school.

A lot has changed in Fijai since we left school for some of us, decades ago.



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TECHNOLOGY: In this modern age of advanced technology where everyone has access to the internet, our students cannot be left behind if they are to effectively compete academically with other schools within the country and the world at large.

We had to write all our essays by hand, refer to heavy textbooks as a resource for our studies and try to make a mental picture of abstract ideas and descriptions

Students of our beloved school should have easy access to computers any time the need arises, to assist in their studies. The lack of such infrastructure will definitely limit the performance of students at the national science and maths quiz. Not to copy blindly, but alumni of other schools have constructed dedicated buildings and provided technology for that event alone! A simulation lab or Robotics lab is not beyond our reach…remember "to the stars through thick and thin"…..the sky is our limit.

The president of the NA alumnus has reliably informed me of a student cultural exchange program currently being worked upon to connect Fijai to a high school in the US where ideas can be shared and exchanged and likely facilitate or ease higher education for our students locally or abroad

TEACHING STAFF: Our teachers are the backbone to our individual successes. They have contributed immensely to who we have become today. My favorite subjects were obviously those that were taught by my favorite teachers, French (Mr. FK Buah), Geography (Mr. TK Anderson-----travel and see), Physics, Mr. DNO Sai (of blessed memory) of whom I am still in constant communication. They were my favorite teachers because they taught with a passion and a genuine desire for all of us to succeed. It is heartbreaking to see some of our dear teachers who have given up most of their working career to go on pension and not afford the basics of life because of poor compensation by the school. It is my sincere hope that the old students will come together to assist in contributing to some form of severance package for these exceptional and long serving teachers if the government is unable to do so. Motivated teachers can make a huge difference in the life of a student, as it has done mine

ALUMNUS: A strong and formidable alumnus directly translates into a stronger school.

In the past, Alumni relations or engagements tended to be treated as a stand-alone activity divorced from fundraising and other advancement activities and independent of the parent institution

Today, alumni relations is an important part of a schools advancement activities for many reasons and keeping good track of your old students records is very important

A sustained and focused effort should be made to engage our alma mater.

Alumni relations are important because they are an institution's most loyal supporters and serve as your international ambassadors. Alumni are fund raising prospects and also generate invaluable word of mouth marketing among their social and professional networks

Regular annual conventions and congresses (like our maiden congress happening right here) can help foster a stronger and robust body which can then raise funds to build the schools infrastructure and improve existing academic programs

This requires careful planning, focusing on a single project/program at a time with the greatest potential impact, obtaining multi-year budget commitments, annual dues and staying the course financially even in the midst of hard economic times. Too often, exciting new ideas spring up, draw short-lived attention and then die off, OR multiple projects are started and not completed. We should strive to put all raised funds in one bucket and then tackle and complete one project at a time.

These meetings can harness the talents of our alumni by engaging them for speaking events, career fairs and mentorship opportunities. Alumni can serve as great role models for current students and are often well placed to offer practical support to students as they start their careers.

A robust alumnus can provide opportunities for fellow alumni to get a post secondary education, providing them with a network of professionals
Building up the alumni database by for example including an alumni updated form where former students can share news or achievements can help foster partnerships

Good alumni relations should be flexible to allow an alumnus to maintain a positive link not only with the office per se but also with old tutors, music teachers, former football coach etc. This broader network experience is far more enriching both for the individual alumnus and the institution.

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RECREATION: One of my biggest regrets about my secondary school years was not engaging in any sporting activities. Exercise and sports can help create a healthy body and therefore a healthy mind Track and field events were the main sports available during my 7 years at Fijai. I personally identify with the group that do not run unless being chased by a snake!!

We should be able to explore opportunities to widen the choice of sports for our students, to include games like tennis, basketball and swimming. I think this is definitely within the reach of our old student body if we identify one area and effectively plan toward it.

I have tried to touch on a few points on making a stronger Fijai and I would like to end by saying that maintaining a positive relationship with your alumni means that the messages we share about Fijai will also be positive—and current. If that relationship stalls when we leave campus, the knowledge of Fijai's activities and achievements will no longer evolve and the messages we share with others will be out -of -date and could reflect poorly on the progress Fijai has since achieved.

I would like to say thank you to our current headmaster for joining us on one of our bimonthly meetings. It was an honor to have you.

Thank you very much!
Young souls, Young souls, Young souls









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Renovated Fijai SHS Dormitory











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The State of Fijai SHS Dormitory before Renovation



Current State of Fijai SHS Kitchen



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ALL NATIONS BAPTIST CHURCH

Our Meetings





Monday To Friday

Prayer Tower

Morning Prayer
Devotion

@5:00am-6:00am

667.770.1476
access#872645

Wednesday

Bible Studies

@6:30pm-7:30pm

Hour of Grace

@6:30pm-8:00pm

Sunday

English Service

@9:00am

Twi Service

@11:15am

4105 WESTERVILLE RD
Columbus, Ohio 43224

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Congratulations

Dr. Kristy Bynoe-Opoku

Doctor of Education (Organizational Leadership)





next

FOSA congress

Atlanta Georgia

October. 6-8, 2023





Francis D. Agyare
Attorney-at-Law

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Office: +1 603 417 3424
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20 Broad Street Nashua, NH 03064
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