

**St. Vincent and Grenadines  
Association of Toronto Inc.**

## ***Independence Anniversary Banquet***

**CELEBRATING 34 YEARS OF INDEPENDENCE**

***Strengthening our Youths for the Future***



***Saturday November 2, 2013***

***The St. Vincent and Grenadines Association of Toronto Inc  
P.O. Box 392, Station F, Toronto, ON M4Y 2L8  
www.vincytoronto.com***



# Rhonda Metelsky

B.A.(hons.); LL.B

rmetelsky@metelskypourde.ca

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**Rhonda A. Metelsky** - Founding Partner  
at **Metelsky Plourde LLP.**  
Rhonda graduated with an Honours Bachelor of Arts Degree, as a Political Science major from York University. She then went on to study Law at the University of Ottawa and obtained her Baccalaureate of Laws in 1999. She completed her Articles with the Ministry of the Attorney General, Criminal Law Division in 2000 and was called to the Ontario Bar in February 2001. Rhonda practices in criminal law, family law, wills and estate administration. She is a member of the Law Society of Upper Canada, the Criminal Law Association, the Durham Regional Law Association, the Advocates Society in Toronto, and the Ajax-Pickering Board of Trade.

**Pierre J.-L. Plourde** - Founding Partner at **Metelsky Plourde LLP.**  
Pierre graduated with a Bachelor of Science Degree from the Université de Moncton in 1995. He went on to study law at the University of New Brunswick where he obtained his Baccalaureate of Laws in 2005. Pierre completed his Articles with the criminal law firm, Heller Rubel Barristers in Toronto in 2005-2006 and was called to the Ontario Bar in 2006. He practices in the areas of criminal law, family law and real estate. He is a member of the Law Society of Upper Canada, the Criminal Law Association, the Durham Law Association and the Ajax-Pickering Board of Trade.

**Valerie D. Dye** - Associate Lawyer at **Metelsky Plourde LLP** - Valerie obtained her Bachelor of Laws at the University of Guyana in 1997. She practiced as a lawyer in Guyana and St. Kitts and Nevis for five years in the areas of family law, personal injury, commercial litigation, and administrative law before going on to study International Business Law and obtaining her Masters' Degree in that field at the University of Manchester in England in 2005. Valerie sought to further her academic career in the studies of law and obtained her Doctorate of Laws from University of Manchester in England in 2010. She was called to the Ontario Bar in June 2013. She is a member of the Law Society of Upper Canada, the Durham Regional Law Association and the Ajax-Pickering Board of Trade.

**Adam G. Borer** - Associate Lawyer at **Metelsky Plourde LLP** - Adam graduated with a Bachelor of Arts Degree from Dalhousie University, in Halifax, Nova Scotia in 2007. He went on to the study of Law at Bond University, Queensland, Australia where he graduated with a Juris Doctor (Doctor of Jurisprudence) in 2011. He completed his Articles with the criminal law firm, Heller Rubel Barristers in Toronto and was called to the Ontario Bar in January 2013. He is a member of the Law Society of Upper Canada, the Criminal Law Association, the Durham Law Association, and the Ajax-Pickering Board of Trade.

# *Programme*

## *Cocktail Hour*

Welcome and Introductiof Emcees  
Ms. Elisabeth Vanloo and Mr. Jamile Lewis

## *Anthems*

National Anthem of Canada  
National Anthem of St.Vincent and the Grenadines

## *Invocation*

Greetings from the Premier and Government of Ontario  
Minister Michael Coteau –Minister of Citizenship and Immigration  
President Remarks and Presentations of Scholarships  
Mrs. Marcia Farrell -SVG Association of Toronto Inc.  
Dr. Melanie Kirby-Allen - Presentation on Sickle Cell Anaemia

## *Dinner*

### *Entertainment*

Dance Performance by Rhea & Rhenice Bowman  
Calypso Performance by Elsworth James  
Dance Performance by Nia DeFreitas-Lynch,  
Miss Teen International Dance Talent 2012

### *Greetings from SVG*

Mr. Fitzgerald Huggins- Consul General St.Vincent and the Grenadines

### *Keynote Address*

Her Excellency La Celia A. Prince - Ambassador to the United Nations and the OAS  
St.Vincent and the Grenadines

Door Prizes and Raffle Draws

### *Vote of Thanks*

Mr. Cordel Telfer  
Public Relations Officer, SVG Association of Toronto Inc.

*Dance to the sounds of Julian McIntosh and the Caribbean Thunderbolts  
and DJ Fusion*

# Menu

*Assorted Hot Hors D'oeuvre*

## Salad

*Greek Salad*

## Pasta

*Gemelli in a fresh Tomato and Basil Sauce*

## Main Course

*Chicken Supreme in a Peppercorn Sauce*

*Grilled salmon in a Teriyaki Sauce*

*Mixed Seasonal Vegetables*

*Roasted Wedge Potatoes*

## Dessert

*Lemon, Raspberry, and Mango Sorbet*

*Coffee, Tea, Espresso*



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## NATIONAL ANTHEMS



O Canada! Our home and native land  
True patriot love in all thy sons command  
With glowing hearts we see thee rise  
The true north strong and free  
From far and wide, O Canada  
We stand on guard for thee  
God keep our land glorious and free  
O Canada, we stand on guard for thee  
O Canada, we stand on guard for thee!



St. Vincent Land so beautiful  
With joyful hearts we pledge to thee  
Our loyalty and love and vow  
To keep you ever free.

*What e'er the future brings  
Out faith will us through.  
May peace reign from shore to shore  
And God bless and keep us true.*

Hairoun! Our fair and blessed Isle  
Your mountains high, so clear and green;  
Are home to me though I may stray;  
A haven calm serene.

Our little sister islands are  
Those gems the lovely Grenadines,  
Upon their seas and golden sands  
The sunshine ever beams.

**St. Vincent and the Grenadines'  
National Pledge  
Land of my birth I pledge to thee  
My loyalty and devotion,  
In all I do and think and say.**

## OUR APPRECIATION

The Organizing Committee, on behalf of the Executive and membership of the St. Vincent and the Grenadines Association of Toronto Inc. herewith express sincere thanks to all those who in one way or the other assisted in making the celebrations to commemorate the 34th anniversary of the independence of our country possible.

We thank our sponsors and advertisers in this Souvenir Brochure; those who donated in kind and coin for the other events; those artistes who donated their time; those who assisted in the sale of tickets and encouraged others to attend our events.

We also thank those who attended and supported our other events. We trust that as we celebrate yesterday's accomplishments and today's success, we are encouraged to use these triumphs as foundations for our future. We hope that God will guide us to be a nation of blessed people.

Special thanks to the management and staff of Riviera Parque Banquet Hall and Convention Centre and staff for their hospitality. We join all St. Vincent and the Grenadines nationals at home and in the Diaspora in celebrating this anniversary.

*Members of the Organizing Committee,  
2013 Independence Anniversary Celebrations*

**HAPPY INDEPENDENCE ANNIVERSARY TO  
ALL NATIONALS OF  
ST. VINCENT AND THE GRENADINES  
MAY GOD CONTINUE TO GUIDE AND BLESS US!**



PRIME MINISTER • PREMIER MINISTRE



Hon. Stephen Harper

*I am delighted to extend my warmest greetings to the members of the St. Vincent and the Grenadines Association of Toronto Inc. on the occasion of the 34th anniversary of the independence of St. Vincent and the Grenadines.*

*On October 27, 1979, after a national referendum, St. Vincent and the Grenadines gained full independence from Great Britain. The theme of this evening's festivities — Strengthening youth for the future— is fitting, as you not only take this opportunity to reflect upon St. Vincent and the Grenadines's vibrant past and celebrate its many achievements over the years, but also to look, with great confidence, at what the future holds.*

*I would like to commend all those involved with the St. Vincent and the Grenadines Association of Toronto Inc. for their commitment to fostering fellowship amongst members of the Vincentian Canadian community and for advancing the warm friendship enjoyed by our two nations.*

*Please accept my best wishes for a memorable celebration.*

The Rt. Hon. Stephen Harper, P.C., M.P.

OTTAWA  
2013



The Prime Minister  
St. Vincent and the Grenadines  
West Indies



October 25, 2013

**2013 Independence Message to the Diaspora by Prime Minister, Dr. The Hon. Ralph E. Gonsalves**

*I extend warm greetings to all citizens of St. Vincent and the Grenadines on the occasion of our 34th Anniversary of Independence. I am confident that all Vincentians share a sense of great pride and accomplishment at this point in time. The path to Independence and our experiences in the post-Independence period have not been without their challenges, obstacles and setbacks. However, we will all agree that this era in our history has also been marked by great accomplishments and remarkable progress.*

*When we consider the immense strides that we have made in the areas of health care delivery, education, housing, the provision of social services to the disadvantaged among us, and the efforts towards social equality in all spheres, we must feel a sense of profound pride on an individual and collective basis.*

*Admittedly, the period since 2008/2009 has been particularly challenging as the entire world has grappled with the effects of the global economic crisis. We have noted with great concern the struggles of our regional and international neighbours and must accept that this global recession is also part of our economic reality. However, the focused manner in which we have approached this challenge has provided us with the impetus to sustain our forward momentum towards higher levels of self-sufficiency and self-mastery.*

*It is not by accident of fate that we are successfully undertaking the largest capital project in the history of our nation at a time when larger and more established economies have buckled under the pressures of the current economic recession. The Argyle International Airport is scheduled to be completed in time for our 35th Anniversary of Independence celebrations.*

*Our primary focus has always been and continues to be our people. Our nationals have been provided with opportunities for training and development which have made them more competitive than ever before within the global arena. We have produced thousands of graduates from post-secondary and tertiary educational institutions over the last dozen years or so. These individuals are playing an active part in national development, whether through their efforts within St. Vincent and the Grenadines or further afield.*

*We embrace our diaspora and acknowledge the efforts made to further national development by those who are not currently residing within our physical/geographical borders. Together, we will work to ensure that linkages are maintained, and that our diasporic populations are allowed a voice in our Nation's advancement. All members of our Vincentian civilization must be allowed the opportunity to contribute through active involvement in the affairs of the State. At this time of celebration, we take a moment to reflect on the distance covered and look forward to the path ahead leading to the future. As we press on together, let us be fortified for the journey ahead by the following:*

- First and foremost, belief and faith in Almighty God;
- Love for others;
- Respect for self, and
- Commitment to Nation and nation-building.

*May God continue to bless us all.*

Prime Minister  
Dr. The Hon. Ralph E. Gonsalves



Premier of Ontario - Première ministre de l'Ontario



Kathleen Wynne, Premier

November 2, 2013

### **A PERSONAL MESSAGE FROM THE PREMIER**

On behalf of the Government of Ontario, I am delighted to extend warm greetings to everyone marking an important milestone in the history of St. Vincent and the Grenadines: the nation's 34th year of independence. I commend the St. Vincent and Grenadines Association of Toronto for bringing together Ontarians of Vincentian descent on this special occasion — and for giving them the opportunity to join in celebrating their rich heritage and traditions.

We live in a province whose history and outlook have been shaped by our cherished multiculturalism. Each of our cultural communities has made significant contributions to Ontario and, in doing so, has broadened our world view and deepened our appreciation of living in a diverse province. Canadian Vincentians have distinguished themselves in every walk of life and — through their accomplishments — have made our province a better place to live.

This is an ideal occasion to reflect on all that St. Vincent and the Grenadines has achieved since becoming a sovereign nation in 1979 — and to express good wishes for the country's ongoing prosperity and the continued well-being of its citizens.

I wish everyone in attendance a most memorable and enjoyable Independence Day gala.

A handwritten signature in black ink that reads "Kathleen Wynne".

**Kathleen Wynne**  
**Premier**





**FROM THE ONTARIO  
MINISTER OF CITIZENSHIP  
AND IMMIGRATION**

NOVEMBER 2, 2013

*St. Vincent and the Grenadines Independence Gala*

It is my pleasure to extend warm greetings to everyone attending the St. Vincent and the Grenadine's Independence Gala.

This is a wonderful way to honour St. Vincent and the Grenadine's culture and heritage. It's also a good opportunity to recognize the 34 years of accomplishments since the islands' independence.

Ontario's diversity is one of our greatest strengths. We are fortunate to have a multicultural society, including the community from St. Vincent and the Grenadines, which helps make our province an outstanding place to live, work and do business.

I commend the St. Vincent and Grenadines Association of Toronto Inc. for its many contributions to Ontario. Please accept my best wishes for a successful and memorable event.

Sincerely,

A handwritten signature in black ink, appearing to read "Michael Coteau".

The Honourable Michael Coteau  
Minister



## ***Independence Message by Consul General Fitzgerald DV Huggins***

*It is with tremendous pride and pleasure that I send Happy 34th Independence greetings to the Canadian Diaspora and the SVG Association of Toronto Inc. This period of celebrations reminds all of us to respect our sovereignty and to reflect on the freedoms we enjoy as a democratic community with a constitution that was for most part handed to us 34 years ago.*

*Over the last 34 years we have encountered many challenges but our resilience has always come to the fore and we were able to come out on the side of optimism and progress. That really is the essence of our being. We are a people who have shown that we are able to jump over hurdles rather than crashing into them. Led by a government whose policies are progressive with a developmental plan that's all embracing and a people filled with hope and aspirations, we are second to none in the Caribbean.*

*Your theme for this year's Independence celebration is "Strengthening Youth for the Future". UNESCO defines youth as the period of transition from the dependence of childhood to adulthood's independence and awareness of our interdependence as members of a community. It has also adopted the definition of "youth" as defined by the African Youth Charter where "youth" means "every person between the ages of 15 and 35 years.*

*The question is "Are we a young nation or a maturing nation?"*

*With maturity comes responsibility. Our youth are maturing faster and are taking on a host of responsibilities at a younger age. This can be attributed to the opportunities provided by the government policies. Our government has implemented compulsory Early Childhood Education to bolster the Education Revolution. Our youth are embracing the responsibility of owning homes because of the Housing Revolution. The advent of Scientific and Technological developments offers tremendous opportunities for youth development in business and social networking. The health revolution will see our youth living longer and healthier lives. The Argyle International Airport will create several benefits and our youth will be charged with the responsibility of managing its successes long after we are gone. Our call for reparations is one for which the youth will have the responsibility for taking the baton to make sure the injustices that our ancestors suffered should not go unnoticed.*

*So a clear path has been paved for our youth to take off. They are empowered, and for us to strengthen them, we must lay a solid foundation. They are poised to soar like eagles, our future is bright and St. Vincent and the Grenadines will be in good hands.*

*As we celebrate our 34th anniversary, I want to leave a challenge to the Vincentian Diaspora in Canada. Let us work closer together. Let us encourage our youth to be part of your associations. As the saying goes "United we stand, divided we fall". We have much that we can achieve TOGETHER.*

*Let us celebrate our 34th Anniversary of Independence with hope, love and give thanks to God for bringing us this far.*

*May God bless all of us*

*Happy 34th Independence Anniversary.*

## **Message from the President**

Mrs. Marcia Stephens Farrell

ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC.

*It is an honour for me to welcome you to the St. Vincent and the Grenadines 34th anniversary of Independence and the 45th Anniversary of The St. Vincent and Grenadines Association of Toronto.*

*We embrace the challenges to change the Association's cultural dynamics by creating a social service environment which includes a combination of social, economical, physical, political and legal entities. This will allow for capacity building, active youth participation and community involvement.*

*Our commitment to these specific components: capacity building, active youth participation and community involvement, embodies the Amended Articles of Incorporation, which ensures that each member of the community can be actively involved. These members would be able to respond to changes in the association's steady renewal of itself in order to reflect the values and needs of the community. This philosophy prepares everyone to recognize the stages of progression as it relates to strengthening our youths for tomorrow and providing them with the effective tools designed for the task ahead.*

*As we strengthen our youths we need to give them a bigger role in decision-making. And listen to them attentively.*

*Giving youths a major role in the organization will enhance comradeship and help us to maintain the generational link for generations to come.*

*For many years, the association as a community organization functioned brilliantly with limited funding, limited manpower and no permanent office to perform our daily administrative duties. Yet for 45 years we persevered, offering community services to seniors, volunteer opportunities to youths, and educational sessions to the general public on type 2 diabetes prevention. We hosted cultural and entertainment events. The RELIEF Committee provided monetary assistance, food-hampers and clothing to persons and groups in need and Christmas parties for children under the age of twelve in the Greater Toronto Area. Therefore, the association has triumphed because of the voluntary assistance given by many Vincentians, past and present and other Caribbean and North American communities in Toronto. These individuals and organizations have contributed tremendously to our organization without ever seeking any rewards or accolades.*

*We can proudly declare that all of our accomplishments achieved over the past 40 years should be accredited to all of our volunteers who sacrificed their family, time and economical resources to make the Association what it is today.*

*Many thanks to the Board of Directors - Claudius Samuel, Cornetta Mason, Garnet Samuel Harry, Jason Jones, Kinda Edwards-Keizer, Monty Providence, Petra Ryan Phillips and Prudence Morton; the Executive Committee; Mothers' day Committee members, chair, Jim Lewis; Adopt-a-Child program committee; Local Unity Picnic Committee, chair, Cordel Telfer; Independence Planning Committee (IPC), chair, Jason Jones; sub-committees of the IPC - Church Service Committee, chair and co-chair, Kinda Edwards-Keizer and Fred Williams; Community Forum, chair and co-chairs by youths: Marsha Baynes, Elizabeth Vanloo and Suzanne Glynn; Independence Brochure Production - Prudence Morton; Children's Christmas party chair and co-chairs - Prudence Morton, Petra Ryan-Phillips and Cornetta Mason; Relief Committee chair, Kinda Edwards-Keizer and the Education Cultural Sports and Recreation Committee, chair, Kenneth Farrell.*

*Special thanks to Rhonda Metelsky, Barrister, Solicitor and Notary Public of Metelsky Plourde LLP, for her brilliant, professional and long hours of legal counseling to the Association, pro bono, regarding compliancy to the Ontario Corporation Act 1990 and charitable status for the Association.*

*Happy Independence, please, enjoy the evening.*





### **A Message from the Mayor**

**It gives me great pleasure to warmly welcome everyone to the Saint Vincent and the Grenadines 34<sup>th</sup> Independence Gala hosted by the St. Vincent and Grenadines Association of Toronto Inc.**

**The independence of a country is a time of reflection, celebration and great pride. The Independence of Saint Vincent and the Grenadines brings to the forefront its history, achievements, growth and success over the last three decades.**

**As you gather with family, friends and the Saint Vincent and the Grenadines community to celebrate this occasion, you can be extremely proud of your rich culture and traditions and reflect upon the values we all share and treasure - peace, freedom and democracy.**

**We join you in celebrating this special anniversary and thank you for contributing to the diversity and vibrancy of our city.**

**On behalf of Toronto City Council, please accept my very best wishes for a memorable celebration.**

**Yours truly,**

**Mayor Rob Ford  
City of Toronto**

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OFFICE OF THE MAYOR  
100 QUEEN STREET WEST, TORONTO, ONTARIO, M5H 2N2



[www.mikesullivan.ca](http://www.mikesullivan.ca)

## Mike Sullivan, Member of Parliament

York South-Weston

[Mike.Sullivan@parl.gc.ca](mailto:Mike.Sullivan@parl.gc.ca)

*Constituency Office*  
36 South Station Street  
Weston, Ontario  
M9N 2B3

*Parliament Hill Office:*  
House of Commons  
Ottawa, Ontario  
K1A 0A6

*Phone: 416-656-2526*  
*Fax: 416-656-9908*

*Phone: 1-613-995-0777*  
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Dear Friends:

On behalf of NDP Leader Tom Mulcair and my Official Opposition colleagues in the Parliament of Canada, I want to convey my warmest and sincerest greetings on the occasion of the 34<sup>th</sup> anniversary of the independence of St. Vincent and the Grenadines.

My riding is home to a large number of Vincentian-Canadians who contribute each and every day to strengthening the rich and diverse fabric of our city, our province and our country. Your community has much to be proud of and tonight provides you with an opportunity to come together and rejoice in your collective successes while paying tribute to your homeland.

I am particularly impressed by tonight's focus on youth. It is vitally important that young people are given all the supports they need to fulfill their immense potential. It is very gratifying to see the Vincentian-Canadian community recognize this and do all it can to ensure the success of your future leaders.

Please do enjoy yourselves tonight and rest assured that your efforts of today will surely lead to an even better and brighter tomorrow.

Sincerely,

Mike Sullivan  
MP, York South--Weston

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## Biography of Her Excellency La Celia A. Prince

H.E. La Celia A. Prince was credentialled as Ambassador of St. Vincent and the Grenadines to the United States of America and to the Organisation of American States in May 2008. Prior to becoming Ambassador, she served as the Deputy Chief of Mission at the Washington Embassy from September 2005 until her appointment as Ambassador.

Ambassador Prince pursued legal studies at the University of the West Indies in Barbados. In 1999 she obtained an LL.B (with honors) and then went on to gain her Legal Education Certificate (L.E.C) from the Sir Hugh Wooding Law School in Trinidad, graduating in 2001. Qualifying as a Lawyer, she was called to the Bar at the Eastern Caribbean Supreme Court (St. Vincent and the Grenadines) as well as the Supreme Court of the Republic of Trinidad and Tobago in 2001.

Ambassador Prince first practiced as a Barrister-at-Law and Solicitor in St. Vincent and the Grenadines before winning a Cambridge Commonwealth/ Chevening Scholarship which enabled her to do Master's studies in Law at Cambridge University, England where she graduated in 2003. She then took up a Fellowship in multilateral trade negotiations with the Caribbean Regional Negotiating Machinery (CRNM) and served as a CARICOM Trade Attaché in Mexico, Barbados and Switzerland. She subsequently worked at the Secretariat of the African Caribbean and Pacific Group of States (ACP) in Brussels, Belgium on matters pertaining to multilateral trade and development with the European Union.

As her country's top diplomat to the USA and to the Organisation of American States, Ambassador Prince focuses her work on seeking opportunities for the development of and foreign investment in St. Vincent and the Grenadines through engagement with members of the United States Congress, the U.S. Administration, diplomats from partner countries as well the U.S. private sector.

In 2008, the Caribbean-American Centre of New York (CACNY) conferred the Role Model Men and Women of Distinction Award on Ambassador Prince for her impressive achievements at a young age and for the example she set for young persons as a mentor.

Ambassador Prince, who is currently the youngest foreign Ambassador accredited and serving in Washington, D.C. also speaks French and Spanish.

## St. Vincent and Grenadines Association of Toronto Scholarship Programme



Teanne Labode-Sutton is a first year student at Carleton University. Teanne is pursuing a major in political science with a minor in pre-law and hopes to practice family law as a career.

Setting goals and achieving them has been the norm for Teanne. During her high school years, Teanne made the school's honour roll and received an Excellence Award as an outstanding student in her co-op placement. She also "reached out beyond the walls of her high school" she says and while in high school, she returned to her elementary school to lend a hand in various activities –junior and intermediate volleyball, girl's basketball and the school's annual fundraiser.

"...these activities allowed me to meet new people" says Teanne. "I also volunteered with Kerry's Place, a non-profit organization that works with autistic children. The children I worked with were in group homes because their families gave up on them. This experience shaped my character by showing me that every day of my life I must thank God for blessing me with good health and a caring family".

Teanne plans to continue her volunteer work as much as she can while at university. She believes that the experience she gains from volunteering fosters determination, ambition, patience and courage. "I am one who works hard and I put my heart in everything I do. This scholarship will help me to continue achieving my goals and future plans". Teanne thanks the St. Vincent and Grenadines Association of Toronto for awarding her this scholarship.



Lemuel Stephens is a Centennial College Student in Bio-medical engineering – a field that integrates electronics, computer, and the sciences in the design of medical equipment and health improvement devices. Lemuel is an ambitious, conscientious young man with plans to make his mark in his chosen field with creative and innovative designs of health equipment that will benefit society. Lemuel says the skills he is developing will "stand me in good stead as technology is constantly changing and the program gears students for constant technological change". These skills are also transferable to any place in the world.

Lemuel is excited about what the future holds for him. At 23 years old, he is on the cutting edge of a digital and technological world that is continuously opening new opportunities for those who develop technical skills and are prepared to keep up with the demands of an ever changing society.

Lemuel has been involved with the St. Vincent and Grenadines Association for several years lending a helping hand wherever he was needed. He volunteered at the Children's Christmas party last year and assisted with putting food baskets together for delivery to Seniors. One of Lemuel's passion is playing the steel pan. In 2011, he played with the famous Silhouettes Orchestra for the steel pan festival that was held here in Toronto. His other passions extend to basketball and being a Disc Jockey. Lemuel plans to become a member of the SVGAT's Youth Committee with a focus on communication for example, he will like the first to introduce internet live streaming for the SVGAT.

"This scholarship means a lot me" says Lemuel. "Being in school full time is an expensive endeavour. I wish to thank the Association for putting their trust in me".

***Congratulations  
to this year's  
successful  
applicants!***



# FAIRHALL GOVERNMENT SCHOOL

## *St. Vincent and Grenadines Association of Toronto Adopt-a-Child Programme*

The St Vincent and Grenadines Association of Toronto (SVGAT) has made its Adopt-A-Child Program one of its main priorities for 2013. This year, the Association has adopted two children from St. Vincent and the Grenadines. Each child will receive sponsorship for five years from Grades 2 to Grades 6 (primary education).

This is the second five year term for the Association and Mr. Allan John a Vincentian living in London, Ontario, partnered together with (SVGAT) to provide primary education to two students.

The schools chosen this year were –

The Fairhall Government School and the Tourama Government School. Both schools were contacted and one child from each school was selected by a committee that was put in place by the principal of each school. The Fairhall Government School selected student Fredriq John and the Tourama Government School (Overland) selected Sheriann Baptiste . SVGAT will receive updates from time to time on their progress.



All funds to sponsor the two children have been sent to the schools. The SVGAT has put out a call to the community for an increase in the number of students sponsored. Anyone wishing to sponsor a student in SVG can contact the Association's adopt-a-child program at [secretary@vincytoronto.com](mailto:secretary@vincytoronto.com) or [president@vincytoronto.com](mailto:president@vincytoronto.com). All inquiries will be answered promptly.

**Adopt-a-child selections committee**

Sandra Bobb, Allan John, Onika John, Jose Frasier, Grace Stephens and Marcia Farrell.

**ST. VINCENT AND THE  
GRENADINES ASSOCIATION  
OF TORONTO INC.**

## CHILDREN'S CHRISTMAS PARTY



(For children 12 years and under)

**Sunday December 15, 2013**

2:00 p.m. to 4:00 p.m.

Northwood Community Centre  
15 Clubhouse Court  
(off Arleta Drive)  
Toronto

Gift for each child - Entertainment  
Games Refreshments

To register your child,  
please contact:

Prudence Morton  
905-787-1009

Petra Ryan Phillips  
416-840-7346

Cornetta Mason  
647-829-8155

Lateshia Mason  
647-829-8155

## *The Entertainers...*

**Elsworth James** was born in St. Vincent and the Grenadines but moved to Trinidad at an early age. He is a multi award winning performer, song writer, producer, recording artiste and promoter.



In 1983, he was given the Soca Promoter of the Year Award by the Calypso Association of Canada and is a three time Juno Award nominee, a twelve time Canadian Reggae Music Award winner and is the only triple recipient of the Urban Music Award.

Elsworth produced the first and only television series on calypso music on CFMT Channel 47 television. He is the founder and host of one of today's hottest radio shows - The CookUp on CMR 101.3 fm and has performed to audiences throughout Canada, the USA, England, Europe and China. He can be contacted at email address - [elsworthjames@yahoo.com](mailto:elsworthjames@yahoo.com).

**The Bowman sisters** have been exploring movement since they could walk. From the age of 3 they have studying dance forms such as Ballet and Afro-Caribbean. As they reached their adolescence they started to study jazz, contemporary, modern, tap and acro. For over 6 years, they have competed all over Canada and the United States.



Both sisters furthered their studies in the arts at Cardinal Carter Academy for the Arts, a unique high school focused on the arts located in Toronto. After high school, Rhea, the older of the two went on to complete her Bachelors in Fine Arts at York University in Dance with a BA in History. While completing her studies, she assumed management of a dance studio in Toronto and continues to do so currently. Rhenice currently attends University of Toronto for Communications and Media studies. The Bowman sisters hope to spread their passion for dance to everyone they encounter



**Nia DeFreitas-Lynch, Miss Teen International Dance Talent**

Nia DeFreitas-Lynch, 16, is a grade 11 student at Philip Pocock Catholic Secondary School in Mississauga. She is the reigning 2012 Miss Teen International Dance Talent. Proud of her Vincentian Heritage, Nia won the crown in the fall of 2012 representing the beautiful island of St. Vincent & Grenadines. In addition to winning the overall title, she was also awarded Best National Costume, Best Dance Talent and Best Dance-off. As a former student of Debra-Lynne School of Dance, Nia is trained in various dance styles including jazz, contemporary, ballet and hip hop. Some of her extracurricular activities include working as a choreographer for CACD's (Citizens for the Advancement of Community Development) community dance company in Mississauga and participating in organized sports at school. When making appearances throughout the GTA, Nia strives to empower others to embrace their cultural heritage through dance and use it as a platform to pursue their future goals. She is currently preparing to hand over her crown on Sunday, November 24 at the 2013 Miss Teen & Junior International Dance Talent Pageant. Upon graduation in 2015, she aspires to become a Child & Youth Worker. Nia wishes all in attendance a wonderful evening filled with Vincentian flare.



**BBD Photography**

**BERTIE B. DAVIS**

**PROFESSIONAL PHOTOGRAPHER - SVG**

Holding a passion for the world and an eye for the beauty within, photographer Bertie B. Davis has the enigmatic and uncanny ability to capture images, formed by his own interpretative and eclectic imagination coupled with an unadulterated imagery perception. As a professional photographer Mr. Davis is on a continual journey to seek out and capture some of the most serene, compelling and pristine images throughout Brooklyn, New York and its surroundings.



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## THE DECLARED NEED FOR TEMPORARY FOREIGN WORKERS AND ECONOMIC IMMIGRANTS

*Contributed by: Sandra Sutherland, RCIC*

The Canadian Federation of Independent Business (CFIB) claims that there is a shortage of workers for some 289,800 full-time and part-time jobs across Canada. Statistics Canada, however, reports that there are 6.4 unemployed Canadians for every vacant job. In May, 2013 Statistics Canada reported that there were an estimated 225,000 job vacancies. The CFIB has made a request to the Minister of Employment and Social Development and Minister of Multiculturalism, Jason Kenney, to bring in more low-skilled temporary workers in order to meet the shortfall.

There are differences of opinions regarding the nature of Canada's labour shortages. Some say that shortfalls exist due to employers' difficulty in finding qualified people while others say that the shortfalls are due to a shortage of people willing to work for low wages or to do menial or labour intensive jobs. In a twitter conversation, Minister Kenney stated that the key problem "is the skills mismatch: too many jobs without people and people without jobs". The Canadian Construction Association says that the industry faces severe labour shortages.

Regardless of what the reality is, Citizenship and Immigration Minister, Chris Alexander embraces the declared need for temporary foreign workers and economic immigrants. Economic immigrants are a category of immigrants selected for their skills and ability to contribute to Canada's economy and are deemed to be better able to economically establish themselves upon arrival in Canada. Categories include the Federal Skilled Trades Program (FSTP), Federal Skilled Worker Program (FSWP), Provincial Nominee Programs (PNP), Canadian Experience Class (CEC), Live-in Caregiver (LIC), and the Business Immigration Class such as the Start-up Visa Program (SUV).

The FSTP was created with the aim of attracting tradespersons. Tradespersons must possess experience in at least one of the following skilled trade occupation: industrial, electrical and construction trades; maintenance and equipment operation trades; supervisors and technical occupations in natural resources, agriculture and related production; processing, manufacturing and utilities supervisors and central control operators; chefs and cooks; and butchers and bakers. This program was launched in January 2013 and permanent resident status has since been granted to applicants from Ireland, India, Lithuania, Latvia and Germany.



The FSWP, reopened in May 2013, allows for the selection of immigrants with essential and transferable skills that contribute to success and adaptability in the Canadian labour market based on their occupation, education, work experience, knowledge of English and/or French, and other factors.

The PNP category allows provincial and territorial governments to participate actively in the immigration process to meet their local economic needs.

The CEC category allows temporary foreign workers and foreign students who have work experience in Canada to apply for permanent resident status.

The LIC program attracts individuals who are qualified to provide care for children, elderly persons or persons with disabilities in private homes without supervision. They are required to live in the private home where they work in Canada.

The SUV program, took effect in April 2013. It is aimed at immigrant entrepreneurs who are able to get their business idea funded and start up a business venture that will generate jobs. Applicants will have to have the backing of a Canadian angel investor group or a venture capital (VC) fund.

Citizenship and Immigration Canada recently held public and stakeholder consultations to seek feedback on setting immigration levels for 2014. They sought to explore what the appropriate level of immigration for Canada should be and to determine the appropriate mix between the number of economic immigrants, family class immigrants, and refugee/humanitarian class. It is hoped that the need for temporary foreign workers and economic immigrants does not outweigh the need for family and refugee/humanitarian class immigrants as this could likely have a negative impact on the volume of Caribbean nationals that may be accepted as permanent residents.

*Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) with the new regulatory and governing body of immigration consultants, the Immigration Consultants of Canada Regulatory Council (ICCRC). She can be reached at (416) 431-2829 or via e-mail a [ssutherland@suthernimmigration.com](mailto:ssutherland@suthernimmigration.com).*

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## ASSOCIATION NEWS

Once again The St. Vincent and Grenadines Association of Toronto will be conducting its popular Type 2 Diabetes Prevention Program within the community, free of charge. Refreshments and Lunch will be provided. Book your group early. Funding provided by Toronto Public Health (TPH). The program consists of five core sessions:

### Session 1: Assessing your risk for Type 2 Diabetes

- Assessing risk factors for developing type 2 Diabetes
- How you can reduce your risk of developing type 2 Diabetes
- How to set SMART weekly goals for yourself

### Session 2 Health Benefits of Regular Physical Activity

- The health benefits of regular physical activity
- Ways to increase your physical activity
- Canadian Physical Activity Guidelines for Adults
- Benefits of walking for your health

### Session 3 Eating Healthy with Canada's Food guide

- Learn about Canada's Food Guide
- Learn how to make healthy choices based on Canada's Food Guide

### Session 4 Planning and Shopping for Healthy meals... while on a Budget

- Learn how to plan healthy meals using recipes that you already use at home
- Learn how to make decisions at the grocery store based on nutrition, cost and cultural food preferences

### Session 5 Dealing with Stress Review and Celebration!

- Discuss ways to deal with stress
- Celebrate new friendships and support you received during the Prevent Diabetes workshop

We will be conducting the five sessions free of charge in the community. Our program targets Caribbean, East African and Latin American populations but is not limited to them. All are welcome.

We are currently booking for November and December 2013. TTC tokens will be refunded to participants. To register to have one or more of these sessions conducted at your organization or church. Email: [secretary@vincytoronto.com](mailto:secretary@vincytoronto.com) or [president@vincytoronto.com](mailto:president@vincytoronto.com) or phone 647-716-0181 and ask for Marcia.

### Diabetes...One step at a time program

The St. Vincent and Grenadines Association of Toronto will be providing social services to seniors within the community.

We will provide services and workshops for seniors under any of the three categories.

### Connecting isolated seniors to informal and formal health services

- Community network to identify isolated and marginalized seniors
- Community outreach, including home and hospital visitations
- Accompaniment and interpretation at medical appointments
- Connection of seniors with community another health related services
- Referral to community services, follow-up to ensure service delivery

### Home Based Supports/Services

This category of activities can be described as any home based support that is provided for seniors to maintain their health at home. Some examples of this could include, but are not limited to:

- Providing home visits and home support services such as help with medication checks, laundry, shopping and simple meal preparation
- Friendly visiting, emotional support and one-on-one counseling
- Transition from hospital to home or palliative care
- Resident support network for seniors' safety
- Volunteer network to provide home-based support

### Health information and navigation

- Health promotion workshops on diabetes prevention and management, mental health prevention/awareness, home safety, and healthy eating, etc.
- Sessions, information packets and support for seniors to navigate health system and services
- Support groups that address specific issues of health and aging

The closing date for the Seniors Services Programme is March 20, 2014. Please contact the association if you are a senior or know a senior who may need our assistance or want to attend any of our workshops.

Contact us at [secretary@vincytoronto.com](mailto:secretary@vincytoronto.com) or [president@vincytoronto.com](mailto:president@vincytoronto.com) or [farrellmarcia@hotmail.com](mailto:farrellmarcia@hotmail.com)

*This Project is funded by WoodGreen Community Services for seniors.*

## SVGAT Appreciates its Seniors!!

A Complimentary Seniors Christmas Tea Party  
Will be held in December  
Date and Location will be Announced

### ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.

#### INDEPENDENCE ANNIVERSARY COMMUNITY FORUM

Sunday, November 3, 2013, 3:00 - 5pm.

York Civic Centre  
2700 Eglinton Avenue West at Keele

#### Topics:

**Who's the Boss?**  
**The Art of Job Finding**  
**Money Management**

Raffles! Refreshments! Prizes!

### ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.

#### CHRISTMAS HAMPER OUTREACH

HELP US ASSIST THOSE MEMBERS OF OUR COMMUNITY  
WHO ARE LESS FORTUNATE  
*RECOMMEND A FAMILY OR INDIVIDUAL*  
**MAKE A DONATION**

#### Please Contact:

Kenneth Farrell - 416-822-3601  
Cordel Telfer - 647-717-9731

#### MONTHLY GENERAL MEETING

OF

### ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.

Sunday, November 24 2013, 4:30 p.m.  
Northwood Community Centre  
15 Clubhouse Court. (Keele & Arleta)  
North York

Please consider volunteering to serve on any of the committees  
to help in building the organization and your community

#### INDEPENDENCE COMMITTEE

Jason Jones - Chair  
Fred Williams - Co-Chair  
Shelley John - Co-Chair  
Marcia Farrell - Ex-officio  
Members: Kinda Edwards-Keizer,  
Suzanne Glynn, Elizabeth Vanloo,  
Marsha Haynes, Allan Austin,  
Yvonne Codrington

#### INDEPENDENCE THANKSGIVING CHURCH SERVICE COMMITTEE

Co-Chairs:  
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#### SVGAT EXECUTIVE

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Marcia Farrell  
president@vincytoronto.com  
Tel: 647-716-0181

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vicepres@vincytoronto.com  
Tel: 905-499-0946

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