

# Insight

St. Vincent & the Grenadines Association of Toronto Inc.

Quarterly Newsletter April 2007

## FROM THE PRESIDENT'S DESK

It is a pleasure to bring you greetings again on behalf of the executive. Now that the colder months are behind us we are looking forward to the spring and summer months filled with numerous activities.

Our sincere thanks to all those members who have come forward and made themselves available to serve on the various committees that are being established. Some committees have met while others will get going soon.

The complete slate of elected members for the executive is now in place and we are looking for volunteers to serve as Nominated Members. My sincere thanks to the members who joined after the Annual General Meeting. I look forward to a productive relationship as we strive to accomplish our mandate.

During the next few months, along with the usual activities, the executive will continue its drive to finalize plans to put all structures in place for future years. We have almost completed a revision of the committees' roles, responsibilities, functions and initiatives. We also trust that the Constitution Review Committee will be able to finalize its work within the next few months.

We continue to extend invitations to those who would like to contribute in one way or another to strengthen the work of the Association.

With all good wishes to each of you.

**Gideon**

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## **2007 VINCY UNITY PICNIC** organized by **ST. VINCENT AND THE GRENADINES ASSOCIATIONS OF MONTREAL, OTTAWA, TORONTO**



**Join Vincentians and friends in the Montreal,  
Ottawa and  
Toronto areas as we celebrate this Annual Unity  
Outing**

**Brown's Bay Provincial Park, 1000 Islands  
Saturday, July 21 from 9:00 a.m.**

Toronto Buses depart at 7:00 a.m. from:  
Dufferin & Lawrence (Near to McDonald's  
Restaurant)  
Jane & Finch (Outside McDonald's Restaurant)  
Scarborough Town Centre (Outside YMCA  
Building)

***Tickets will be released soon  
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***For more information, contact:***  
***Claudius Samuel 416-651-8595; Jason Jones - 905-999-  
1771; Glendon Carmichael - 416-321-9029  
or visit [www.vincytoronto.com](http://www.vincytoronto.com)***

## St. Vincent and the Grenadines Association of Toronto 2007 Executive Members



**L - R: Melba DaSilva, Jason Jones, Yolande Lewis, Jim Lewis, Nichole Edwards, Petra Hutchinson, Marcia Farrell, Gideon Exeter**

**Gideon L. Exeter (President)** has been a member of the Association since 1984. He has served on the executive for many years in various capacities. He previously served as President in 2003. Gideon is an entrepreneur and sales professional.

**Melba DaSilva (Vice President)** is relatively new to the Association having recently moved from Montreal. She felt that she had a passion to serve the Vincentian community and by being involved in SVGAT she could keep in touch. Melba is currently employed as a Senior Wholesale Analyst with a major oil company.

**Petra Hutchinson (Executive Secretary)** became a member of the Association when she moved from Winnipeg in 1993 and has served on the executive a number of times since then. She was also a member of the SVGAW before moving to Toronto. Petra is employed with the Toronto District School Board.

**Nichole Edwards (General Secretary)** joined the Association in 2004 and although she volunteered on occasions at several events this is the first time she is serving on the executive. Nichole is a Developmental Service Worker working with the dually diagnosed and individuals with special needs.

**Marcia Farrell (Treasurer)** A Graduate from the University of the West Indies - Cave Hill, Barbados in Public Administration, a Certified Youth Worker, a certified Trainer in Youth work, A Trade Union Activist and a future student of York University.

**Yolande Lewis (Assistant Treasurer)** has been a member of the Association for over 30 years and served in several capacities including twice as President. Yolande is currently employed as a Workplace Trainer with Canada's largest courier companies.

**Selwyn "Jim" Lewis (Public Relations Officer)** joined the Association shortly after his arrival in Canada in 1984 and has served as an executive member and chaired several committees over the years. Jimmy is currently employed as a Custodian with the Toronto District School Board and a Programmer with CHRY 105.5 FM Radio.

**Jason Jones (Immediate Past President)** became a member of the Association shortly after arriving from Winnipeg in 2001. In Winnipeg, Jason was a member of the SVGAW where he served two terms as President. Since joining the SVGAT, Jason was twice elected as President. Jason is a retired school principal.

## CONTRIBUTED ARTICLE

### IMMIGRATION MATTERS: VINCENTIAN REFUGEES?

*Contribution by: Sandra Sutherland*

I have received requests to provide some educational information about refugee claims. It appears that there is talk in the Vincentian community concerning the validity of Vincentians making refugee claims. There have been unrelenting declarations made that Vincentians should not and are not acceptable to make such claims. Many people are uninformed about the meaning and implications of the term “refugee” as it relates to Immigrants. The Encarta World English dictionary defines a refugee as “somebody who seeks or takes refuge in a foreign country, especially to avoid war or persecution.” This meaning changes to tie in with the context by which it is being referenced in relation to immigrants. Canada offers protection to individuals or families who are fearful of returning to their home country. As such, provisions are made for such person(s) to seek refugee protection under two main classes: through a Resettlement Program or through a Refugee Claim process.

Under the Resettlement Program, persons who are residents of a “source country” may apply directly at the Canadian visa office serving their region. The current list of countries designated as “source countries” are: DR Congo, Sudan, El Salvador, Guatemala, Colombia, and Sierra Leone.

These are the countries that are also generally referred to as “refugee producing countries”. Persons from other countries may apply after being referred by a referral organization (such as the UNHCR) or by being sponsored by a private sponsoring group.

Persons in Canada may apply through the Refugee Claim process. This class of persons is generally called refugee claimants. Under this class, a person may apply as a Convention Refugee or a Person in need of protection



– referred to in our community as a “refugee”. Here are a few definitions that should help to clarify some misconceptions:

- **Convention Refugee:** A person who is outside of their country of nationality or habitual residence and who is unable or unwilling to return to that country because of a well-founded fear of persecution for reasons of race, religion, political opinion, nationality, or membership in a particular group. Note: membership in a particular group also encompasses women who are victims of domestic abuse, homosexuals, persons with medical or social impairments (including HIV/AIDS), etc.
- **Person in need of protection:** A person in Canada whose removal to their country of nationality or former habitual residence would subject them to the possibility of

torture, risk to life, or risk of cruel and unusual treatment or punishment.

- Refugee Claimant: A person deemed eligible to make a claim for refugee or protected status.

With this information in mind let's answer the following questions:

1. Is St. Vincent and the Grenadines a refugee producing country? **No!**
2. Could a person from SVG (or any other Caribbean island) apply for and obtain refugee or protected status? **Yes!**
3. Have claimants from SVG actually obtained refugee status? **Yes!**

The issues that Citizenship and Immigration Canada (CIC) and the Immigration and Refugee Board (IRB) addresses, surrounds the eligibility criteria and the determination as to whether or not a claimant meets the defined definitions.

Undocumented immigrants have two other categories besides the refugee class under which they may apply for status. They may apply under Humanitarian and Compassionate grounds or under the Spouse or Common-Law Partner class category.

I am not advocating for or against claims for refugee status. In my capacity as a legal representative, I seek to educate the public so that they may be enlightened about this and other misconstrued immigration processes.

Sandra Sutherland is a practicing Immigration Practitioner and is a full member, in good standing, of the Canadian Society of Immigration Consultants (CSIC). If you would like her to address a topic in a future issue of Insight or would like to pose your confidential queries directly to her, you may reach her at (416) 431-2829, 1-877-230-9451 (toll free line) or via e-mail at [suthernimmpar@belnet.ca](mailto:suthernimmpar@belnet.ca).

The 2007 Independence Anniversary Banquet is to be held on Saturday, October 27, the actual date of the anniversary. Please plan to be there with us. **Get your ticket early.**

## **TORONTO CONSULATE OFFICE**

*Consulate of St. Vincent and the Grenadines*  
333 Wilson Avenue, Suite 601  
Toronto, Ontario, M3H 1T2

Tel: (416) 398-4277 Fax (416) 398-4199  
Email: [consulategeneral@rogers.com](mailto:consulategeneral@rogers.com)

**Steve O. Phillips**  
**Consul General**

*The Office of the Consulate General in Toronto is here to attend to the needs of Vincentians. It also strives at strengthening its ties with organizations looking to do business in St. Vincent and the Grenadines. [www.svgconsulate.org](http://www.svgconsulate.org) functions as an effective tool in assisting us to reach our goals. Visit our website.*

## **Greetings from Our New Consul General**

13 April 2007

Sometimes a rare privilege and honour invariably presents itself to do something magnanimous, and such opportunity I humbly embrace as I extend greetings to my compatriots on the occasion of my arrival here in Toronto as the Consul General of St. Vincent & the Grenadines.

We are well aware that change is constant and inevitable. The world about us is rapidly changing and imperceptibly our lives change, whether to be compliant with the change about us or incompatible with them. We are continuously forced to make conscious efforts to cope or harmonize with the changing world that comforts us. Everyday, as conscientious beings we have to make resolute decisions to improve ourselves, to succeed and to keep abreast of the trends and innovations of our time. In essence, we are part and catalyst of the change.

As we make positive changes we inevitably better not only ourselves and our families but also our societies, our nations. Such change must impact our spirit of patriotism and nationalism. It must lead us to extend a helping hand, say an encouraging word, live an inspiring life and enrich the experience of those with whom we interact.

Life is so much like a flower; like grass, which today is and tomorrow is no more. In contemplation, the prophet Isaiah rightfully declares, *the grass withereth, the flower fadeth; because the spirit of the Lord bloweth upon it: surely the people is grass.* We are too frail not to be supportive of each other. May God bless all of us as we extend a loving hand to each other, for we are endowed with the divinely appointed honour of being our brother's keeper.

**Steve O. Phillips**  
**Consul General**



## ASSOCIATION BRIEFS

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

#### ANNUAL MOTHERS' DAY DINNER

**Sunday, May 13, 2007  
from 2:00 p.m.**



#### Disciple's Banquet Hall

30 Gordon McKay Drive, Toronto  
(Jane & Falstaff – near to Leons Furniture Store)

Admission:  
**Under 6 years - FREE**  
**6 years to 12 years - \$15.00**  
**Over 12 years - \$20.00**

For more information and tickets, please contact:

Allan Austin: 416-510-2889  
Gracelyn Providence: 905-717-7896  
Jason Jones: 905-999-1771  
Audrey Lewis: 416-829-6201  
Cordell Telfer: 905-789-9731

#### Additional Executive Members Elected

At the February 25<sup>th</sup> monthly general meeting three persons were elected to fill the positions to complete the slate of elected members for the executive. These positions were not filled at the AGM on January 28.

Congratulations to Ms Nichole Edwards – General Secretary; Yolande Lewis – Assistant Treasurer; and Jim Lewis – Public Relations Officer who made themselves available to serve on the executive team. The full list of the executive is found further on this page.

Over the next few months, more members are expected to be named as Nominated Members to also serve on the executive.

#### Mothers' Day Dinner

Plans continue for this year's Mothers' Day on May 13 at the Disciples Banquet Hall, 30 Gordon McKay Drive, Toronto. Tickets are available from a number of Association members so please try to get yours early. Allan Austin has kindly agreed to chair the committee again this year. Please call Allan at 416-510-2889 to let

him know how you can assist his committee and where you can get your tickets.

#### Independence Banquet

Our patrons loved it so we are going back to The Renaissance Parquet Banquet & Convention Centre at 2800 Hwy 7, Concord for the Independence Anniversary Banquet on Saturday, October 27. Admission will include a sumptuous six-course meal along with an all inclusive bar, coat check and parking for a low and affordable price. We look forward to having the room full to capacity this year. Tickets will be available at the Vincy Unity Picnic so please get yours early.

#### THE EXECUTIVE

Here is a list of the executive members just in case you would like to contact any of them:

**President** – Gideon Exeter; Tel: 647-722-5786

[president@vincytoronto.com](mailto:president@vincytoronto.com);

**Vice President** - Melba DaSilva; Tel: 905-919-9693

[vicepres@vincytoronto.com](mailto:vicepres@vincytoronto.com)

**Executive Secretary** - Petra Hutchinson; Tel: 416-789-2019

[execsec@vincytoronto.com](mailto:execsec@vincytoronto.com)

**General Secretary** - Nichole Edwards; Tel: 416-256-4328

[gensecretary@vincytoronto.com](mailto:gensecretary@vincytoronto.com)

**Treasurer** – Marcia Farrell; Tel: 416-645-0608

[Treasurer@vincytoronto.com](mailto:Treasurer@vincytoronto.com)

**Assistant Treasurer** – Yolande Lewis – 416-809-6820

[assistentreas@vincytoronto.com](mailto:assistentreas@vincytoronto.com)

**Public Relations Officer** – Jim Lewis – 416-459-2462

[pro@vincytoronto.com](mailto:pro@vincytoronto.com)

**Immediate Past President** – Jason Jones; Tel: 905-999-1771

[jonesjason@rogers.com](mailto:jonesjason@rogers.com)

**Ass'n General Email address:** [svga@vincytoronto.com](mailto:svga@vincytoronto.com)

#### Sponsorship of Child in SVG

The Relief Committee has been given the responsibility to work out the details for the sponsorship of a child in St. Vincent and the Grenadines. As soon as details of this arrangement are finalized you will be duly informed.

#### New Consul General Arrives in Toronto

Mr. Steve Phillips arrived in Toronto in mid March to take up responsibilities as the new Consul General replacing Mr. E. Bernard John. Mr. Phillips and his wife attended the Association's meeting at the end of March. The members of the Association welcome Mr. Phillips and his family and wish them a successful stay in Toronto.

#### OECS High Commissioner Completes Assignment

Her Excellency Ms Lorraine Williams completes her assignment as the OECS High Commissioner at the end of April and will take up a new position with the United Nations in Rome. Representatives of the executive

attended events to say goodbye and thanks to Ms Williams for her cooperation with the Association over the years.

#### **Assistance Provided to Transport of Medical Supplies**

The Association recently contributed \$1,000.00 to International H.O.P.E and the Jones family to help in defraying charges for the shipment of medical supplies to institutions in St. Vincent and the Grenadines. The shipment is expected to leave Canada soon and the items will be distributed to various organizations in SVG.

#### **Make a contribution to the Association**

You can now donate to any of the following: the Relief Fund, the Scholarship Fund, the Children's Christmas Party, the Christmas Hamper to Families In Need and/or to General Operating Funds by contacting any member of the Executive or the Chair of the Committee you wish to support.

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Sat: 9:00 a.m. – 6:00 p.m.**

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#### **Urgent Notice to St. Vincent and the Grenadines Nationals – New Passports**

We have been asked to advise St. Vincent and the Grenadines nationals that as of August 1, 2007, only

#### **Help a child in your homeland to a brighter future.**

*An old saying reminds us that children are the future of every country. Each of us can help to build the future of St. Vincent and the Grenadines by helping the children. As little as Cdn\$1.00/day will amount to at least EC\$50.00 per month. This small sum can help to keep a young child in school and contribute to his or her development in the community. If you are interested in learning how you can go about sponsoring a child in St. Vincent & the Grenadines, how to select such a child and how to ensure that your sponsorship money is used for the development of that child, please enquire in confidence by writing to the Association either through regular mail or e-mail. You can also contact any member of the Executive.*

## **NEWS FROM SVG**

the new Machine-Readable Passports issued by the Government of St. Vincent and the Grenadines will be accepted as official travel documents for our country.

The last day for using the old type of passports that are not machine-readable is July 31, 2007. Please take the necessary actions to obtain your new St. Vincent and the

Grenadines Passport. The following rates apply for obtaining your new passport:

When applying in Canada - Cdn\$102.00

When applying in the United States of America - US\$105.00

When applying in the United Kingdom - 40 Pounds (Sterling)

When applying in St. Vincent and the Grenadines - EC\$85.00

Please be guided accordingly and share the information with others. Please check with any SVG Overseas Office for further information. The SVG Toronto Consulate Office can be reached at 416-398-4277.

#### **NEWS FROM GEMS**

The following is to inform the Association of our July project in St. Vincent.

From time to time, different members of the Association spontaneously ask us at short notice if we could perform at one of its functions. People are

becoming very excited when they attend our concerts and we haven't been able to oblige. It is a busy time for us from now to our leaving for St. Vincent. It would be an honour for us to perform at a St. Vincent function (Independence, for example) and, with timely notice, we would be happy to consider scheduling something later. Now is not too early to book for the Fall!!

We are also looking for donations of quality items for a raffle to help in our shipping of the pans and other expenses for the trip. Any help in appealing to such patrons would be appreciated. (For example: TV, Camera, Microwave oven, Toaster Oven, Barbecue, Stereo players, Tools etc).

Our concerts in St. Vincent are now finalized as follows:

Friday July 13: Government House: 7:00 p.m.

Sunday July 15: Cathedral: 5:00 p.m.

### **New Look Drivers Licence**

The long awaited new national driver's licence system is expected to be on stream soon.

The project which was scheduled to begin since in January was put on hold by the Inland Revenue Department. Drivers will be able to trade-in the outdated booklet licences for the new ones in as short a time as one week when they are introduced. Drivers will be asked to bring in their old licence books, take a new photograph then they would be able to collect a new licence.

The licenses would be available with options of one year, three year or five year expiry dates, and Pompey is encouraging drivers to choose the longer expiry dates which he said would work out to be cheaper in the end.

### **Grenadines Wharf Service Fee**

There is now a \$1 service charge at the terminal building at the Grenadines wharf for persons who use the ferry to travel to the Grenadines and there still seems to be reluctance among some passengers about the new system.

The service charge will assist with the maintenance of the Ferry Terminal and all the other wharfs throughout the country. The terminal also caters for differently-abled persons with specially designed restrooms.

According to Port Officials, "What we are trying to do is protect the passengers. We are taking them out of the

sun and the rain. They do not have to wonder where to go to use the bathroom. They can have things to eat inside and can sit in the waiting area and watch cricket and can even use the computers."

Those who are exempted from the service charge are senior citizens, school children in uniform, persons travelling on government business and persons who are going on the wharf to drop off things to the boat.

### **Rabacca Dry River Bridge Opens**

With estimates of nearly one-half of the population of SVG in attendance and what many referred to as, "the largest crowd to gather in St Vincent and the Grenadines, the Rabacca Dry River Bridge was officially opened in late March.

Over the past years many folks feared to cross the "dry river bed" for fear that if there was a sudden shower of heavy rains they would be trapped either while crossing or while wanting to get to the other side of the river.

With the style befitting an evangelical preacher, Prime Minister Gonsalves compared the doubters and naysayers who questioned the \$8.5 million project to Sanballat and Tobiah; two biblical agitators that sought to frustrate the Jerusalem temple rebuilding process in the days of the Prophet Nehemiah.

"Since this bridge has been built, Rabacca has become a most popular spot," Minister Daniel said. He further stated that the bridge will be a gateway to the economic development of the area.

Also addressing the massive gathering was Ambassador Jack Cheng of the Republic of China on Taiwan. The Taiwanese contributed \$5.4 million to the project while the remaining three or so million came from the Government of St Vincent and the Grenadines.

The official ceremony was decorated with wonderful cultural performances. The Owia, Sandy Bay and St Mary's RC primary schools and the Chatoyer Youth Movement all performed well. The Uwarani Dance Group of Belize with their Garifuna Invocation and Jamaican gospel Superstar Carlene Davis were well received by the eager crowd.

The ceremony ended with the unveiling of the plaque by Governor General Sir Frederick Ballantyne, and the blessing of the bridge by Archbishop Cosmore Pompey. The cutting of the ribbon was followed by the symbolic first crossing of the bridge by Dr Ralph

Gonsalves and other dignitaries along with residents and children from the area.



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### ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC. TENTATIVE CALENDAR OF EVENTS FOR 2007

Sunday, April 29	Monthly General Meeting	15 Clubhouse Court, North York
Saturday, May 12	Caribbean Youth Debate	York University, 3737 Keele Street
Sunday, May 13	Annual Mothers' Day Dinner	Disciples Banquet Hall
Saturday, May 26	Caribbean Youth Debate Finals	North York Civic Centre
Sunday, May 27	Monthly General Meeting	Northwood Community Centre
Sunday, June 24	Monthly General Meeting	15 Clubhouse Court, North York
Saturday, July 21	Annual Vincy Unity Picnic	Northwood Community Centre
Sunday, July 29	Monthly General Meeting	Brown's Bay Park, 1000 Islands
Sunday, August 26	Monthly General Meeting	Northwood Community Centre
Sunday, Sept. 30	Monthly General Meeting	15 Clubhouse Court, North York
Sunday, October 28	Independence Thanksgiving Church Service	Northwood Community Centre
Saturday, November 3	Annual Independence Banquet	15 Clubhouse Court, North York
Sunday, November 4	Town Hall Discussions	15 Clubhouse Court, North York
Sunday, Nov. 25	Monthly General Meeting	Northwood Community Centre
Saturday, Dec. 15	Children's Christmas Party	15 Clubhouse Court, North York
Sunday, Dec. 16	Annual Christmas Sing-a-Long	TBA
Saturday, Dec. 22	Christmas Hamper Outreach	Northwood Community Centre
Sunday, January 27	Annual General Meeting	15 Clubhouse Court, North York
		Northwood Community Centre
		5 Clubhouse Court, North York



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Mondays – 4:00 a.m. to 7:00 a.m.

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**News**

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**2ND ANNUAL YOUTH DEBATE**

Hosted By



**SEMIFINALS**

Saturday, May 12 from 7:30 p.m.  
Scarborough Civic Centre, Council Chambers  
150 Boroughs Road near to Scarborough Town Centre

Topic for Team One:

***Are Gangsta Rappers Musical Drug Dealers or Musicians Exercising Their Freedom of Speech?***

**St. Kitts Canadian Association (Toronto)**

vs

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

Topic For Team Two:

***Should Retirement Be Mandatory?***

**The Antigua & Barbuda Association of Toronto**

vs

**The Commonwealth of Dominica Association (Toronto)**

**FINALS:**

Saturday, May 26 from 8:00 p.m.  
North York Civic Centre – Council Chambers  
5100 Yonge Street, North York, (North of Sheppard)

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**YOUTH DEBATE**

**Are Gangsta Rappers Musical Drug Dealers, or Musicians Exercising their Freedom of Speech?** Come out to support the St. Vincent and the Grenadines Association of Toronto Debating Team as it takes on the St. Kitts Canadian Association of Toronto in the preliminary round of the Caribbean Youth Debate, May 12 at Scarborough Civic Centre at 7:30 p.m.

## **“A little more, please...!”**

### **Hair Extensions at their best**

By: La Firn Brazel

For over 50 years now, our afro-haired ancestors, and now we, coming down the generations, have been wearing hair extensions, additions and enhancements. Gone are the days when a wig or hairpieces are subjects hidden in the dark corners of our bedroom closets. More than half of the female population wears some type of ‘artificial’ hair piece, and more than 72% of us think that’s just fine! Men, women and children all around the world wear hair extensions, and this new beauty fad is no longer just fashionable. It is now logical, necessary and an all around ego booster and confidence builder.

Whatever suits your fancy; hair extensions can be bought at professional beauty supply stores all across North America. Different lengths, colors and textures can enhance one’s length and volume, add color to your hair, and is fabulous at covering those nasty little ‘thinning’ or balding areas that we all get used to at some time or another. After selecting the hair that you desire (human, cuticle or synthetic strands), and deciding what your purpose is for your hair extension service, you can transform yourself, usually within just a few hours to the closest replicate of your Hollywood idol. Oh, you didn’t know...yes those red-carpet-walking beauties are all wearing the hair that we are too ashamed to admit that we bought. Don’t be nervous my friends, wear your weave with style! Pin up those braids in an elegant up do, or swim with your fusion hair design with confidence of having the most natural style. Finding the right hairdresser may be tricky, but just as necessary when finding your family doctor. Now that you have your hair and your cosmetologist, beautify yourself in mind, body and skull! Shake it, and let it become *you*.

Some helpful hints in your quest for magazine hair are firstly, to familiarize yourself with your local beauty supply store. Not pharmacies and drug stores. Professional products keep not only your own hair, but any hair extensions at their best. Invest in a moisturizing or hydrating shampoo, a deep conditioning treatment that you do each time you shampoo your hair, and maintenance products like moisturizer (for the hair), scalp serum, non alcoholic sprays, pomades and styling waxes. Your hair addition

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LET THIS BE THE YEAR OF ASSISTING A CHILD

service should include a consultation, and preparation of your hair to ensure the best result. The purpose for all of this is to have your ‘new’ head of hair look as natural as possible, so make sure not to pick colors that are significantly different than your own rest around the hairline. Some strands of your own hair may be left out in certain places to add to the natural cause. Maintenance throughout the time that you keep your hair in will make a major difference in how well and long the additions can last, and more importantly, how healthy your own hair is doing under the stress. Your hairdresser is the expert and you should try to follow his/her suggestions and product information as closely as possible.

Personally, I can attest to hundreds of successful weaves, braids, fusion, and bonding services completed without incident to the natural hair. Getting any of these services should be harmless to the hair and scalp. Maybe a little costly and somewhat time consuming, but well worth all of it when finished, and a glance in the mirror brings an instant smile to your face. Go for it, bring in the spring season with a new look, a different feel and a renewed sense of life. You’ll be surprised, usually after the first service is successful, my clients usually ask for “a little more, please...”

*Author: La Firn Brazel, a licensed cosmetologist and instructor for over 10 years, has an in-house salon in Mississauga ON, and also travels across Ontario and Quebec to service clients with hair extension needs.*

*Contact: [laflairhairstudio@hotmail.com](mailto:laflairhairstudio@hotmail.com) with any questions or bookings.*

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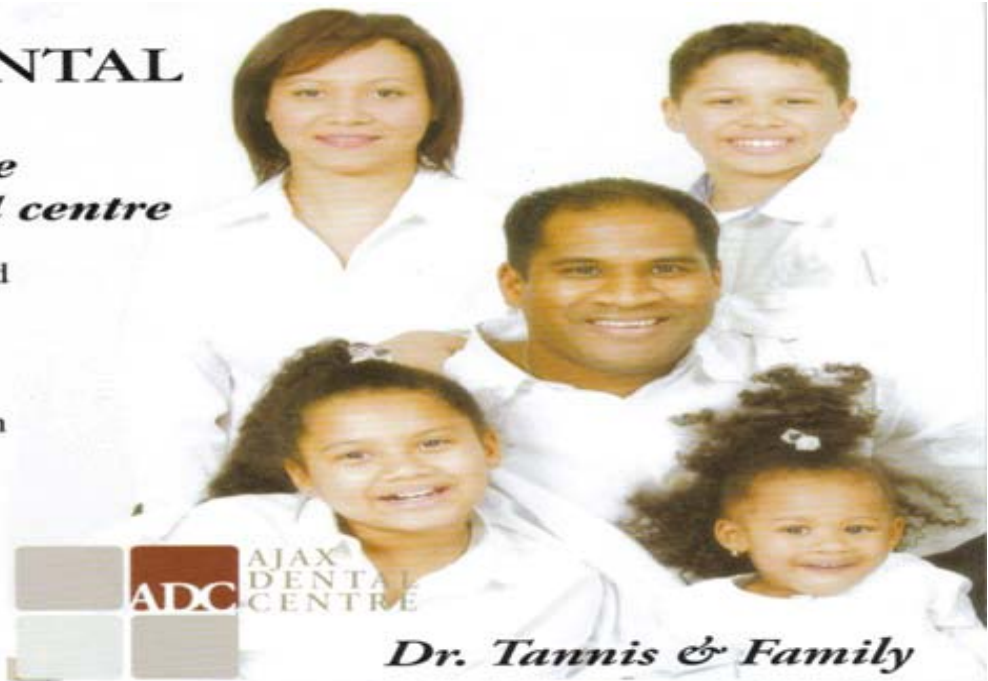
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### **St. Vincent and the Grenadines Association of Toronto Scholarship Program.**

Persons wishing to apply for the 2007 scholarships offered by the Association are invited to apply early. The closing date for receipt of applications is August 31.

To get further information about the requirements for a scholarship, please visit the website, [www.vincytoronto.com](http://www.vincytoronto.com) and download the information sheet and the application form.

Two scholarships in the amount of \$1,000.00 each will be awarded at the Annual Independence Banquet.

### **What is a Kilowatt?**

A kilowatt and a kilowatt-hour are the units we use to measure the amount of electricity we consume.

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### **IMPORTANT INFORMATION**

THE ST. VINCENT AND THE GRENADINES  
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The Consulate General wishes to advise the  
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### **BEREAVEMENT NOTICE**

*During the past few months a number of members of our community have passed on including former members of the Association. News of these deaths do not always reach the PR Committee or the Executive Members in time to circulate the information as we would like to.*

*The Executive and Members of the St. Vincent and the Grenadines Association of Toronto Inc. would like to extend condolences to all members and friends of our community who have lost loved ones.*

*We wish you God's blessing as you cope with your loss and we trust that those who have departed will find rest in the Lord.*

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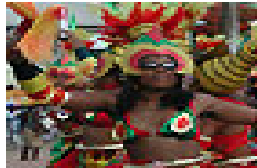
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E-mail: [svgtourismtoronto@rogers.com](mailto:svgtourismtoronto@rogers.com)

### **MONTHLY GENERAL MEETING**

*Please bring along a friend to the next meeting of the Association on Sunday, April 29, 2007 at 4:00 p.m. Northwood Community Centre, 15 Clubhouse Court, North York (Keele & Sheppard)*

### **CANADA DAY PICNIC**

The Association's Annual Canada Day Picnic is usually held at a local park. Please join us on July 1 to celebrate

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## Hope for People with Type Two Diabetes

Hope appears on the horizon for millions of Caribbean nationals who suffer from type 2 diabetes. Researchers writing in the journal, Nature, revealed that they have mapped the most important genes which cause people to have type 2 diabetes and discovered that it is caused by a genetic mutation of a particular zinc transporter. Type 2 is caused by deficiency in the production of insulin by the pancreas and the discovery has now led to researchers to believe that it may be possible to treat or cure the disease by fixing the transporter. Researcher Professor Philippe Froguel, from imperial college London, said: "Our new findings mean that we can create a good genetic test to predict people's risk of developing this type of diabetes." The study was carried out by researchers at Imperial College London and McGill University in Montreal, Canada. Diabetes can lead to blindness, amputations, kidney disease and leave sufferers with high risk of developing heart disease. In the Caribbean, Barbados which has a high rate of diabetes is referred to as the "amputation capital of the Caribbean".

Article taken from Caribbean360.com

Find this article at:

<http://www.caribbean360.com/ASP/printstory.asp?id=4003>

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## PM Gonsalves resting in Cuba

*The Vincentian*  
2007/04/20

Prime Minister Dr. Ralph E. Gonsalves will spend the next two weeks resting in the Republic of Cuba, following his involvement in a vehicular accident on Easter Monday.

Last Friday morning, Dr. Gonsalves, Minister of Health and the Environment –Dr. Douglas Slater; Zaccheus Parris - the PM's driver who was also injured in the accident, and Security Officer, Sergeant Christopher Benjamin, left for the Republic of Cuba aboard a private jet.

Dr. Gonsalves and his driver, Sergeant Parris on Easter Monday narrowly escaped serious injuries from a vehicular accident along Peruvian Vale main road, when the jeep G 7, in which they were travelling, collided with a banana truck.

Both Prime Minister Gonsalves and Parris, sustained injuries and were hospitalised for a short while.

On Friday morning, a limping Dr. Gonsalves departed E.T. Joshua Airport to Cuba in the presence of several of his Cabinet colleagues, wife – Eloise Gonsalves, Cuban Ambassador – Olga Chameno Trias and Taiwanese Ambassador – Jack Yu-Tai Cheng.

While in Cuba, following his recuperation, Dr. Gonsalves will take the opportunity to conduct some government business with Cuban authorities, pertaining to several projects and assistance, committed to by the Cuban Government.



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### URGENT PASSPORT NOTICE FOR SVG NATIONALS

Please contact SVG Immigration & Citizenship Department or any of the SVG Overseas Missions for information on the New Machine-Readable passports. Soon you may not be able to travel on the older ones. The deadline for using old ones is July 31, 2007.





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

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Website: [www.vincytoronto.com](http://www.vincytoronto.com)

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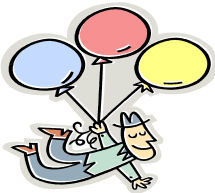
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Now you know why it is said, "Every kilowatt counts". \*Source: Marbek Resource Consultants Ltd.

# Saint Vincent and the Grenadines Association of Toronto Inc.

## Membership Registration Form

---

*Be a Member!*  
*Join with us in achieving our goals.*

### **Mission Statement**

*The St. Vincent and the Grenadines Association (SVGA) of Toronto is a non-profit community based Association. We are committed to providing assistance and support to groups, institutions in St. Vincent and the Grenadines, Ontario and wherever the Association deems fit. To provide an anti bias forum for Cultural, Educational, Social and Recreational enrichment and to maintain a network of communication through information and referral.*



### **Objectives**

- To maintain a high level of volunteerism through recruitment, training and effective utilization of skills.
- To provide a forum to promote leadership and advocacy for the enrichment of Culture and Education.
- To provide an anti bias environment for the discussion of matters of general interest to its members.
- To plan, implement and participate in fundraising activities to meet urgent human needs.
- To promote social and recreational events to enrich the lives of Children, Youth, Adults and Seniors.
- To maintain a network of communication through information and referral.

**Our membership meetings are held on the LAST SUNDAY IN EVERY MONTH from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court, (Keele St. & Sheppard Ave. W.), North York.**

*We hope to see you there!*

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