



THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC. (SVGAT)
KEEPING OUR COMMUNITY INFORMED

Quarterly Newsletter

April 2011

Updates from the President

Let me begin by extending condolences to all those within our organization and the Vincentian community as a whole, who lost loved ones in the last few months. We grieve with you. We understand the loss and the emptiness felt on the passing of loved ones, and so we pray that you stay strong and carry on knowing that The St. Vincent and Grenadines Association of Toronto Inc. is here to support you in any way possible.

This is the first message from the 2011 executive so I'll use the opportunity to explain what has been done so far. During the month of February, we assessed where the Association was and where it should have been. We then began the process of updating the files and records, while ensuring that we stuck with the program outlined at the annual General meeting. We insist on orderly informative meetings, and so an executive summary is given each month. This summarizes the activities and initiatives for the reporting month by each department or office within the association.

We know that the expectations are high. We will not meet these expectations without your help and participation so I encourage each and everyone of you to support the functions and join us at the monthly meetings. Your input and support is invaluable to the success of the association.

Do not forget the annual Mother's Day event this year. Come see and hear children sing, recite and celebrate mothers.

Monty Providence
President

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the Executive.

Joseph Chatoyer-Paramount Carib (Garifuna) Chief

On Sunday, March 13, 2011 the Garifuna Coalition USA, Inc. and the Garifuna Pastoral celebrated the third Annual Joseph Chatoyer Memorial Mass in memory of the 216th Anniversary of the death of the Paramount Garifuna Chief. The mass is an integral part of the Garifuna-American Heritage Month in New York State, of March 11 to April 12, 2011 as “,” in observance of the 214th anniversary of the exile of the Garifuna people from St Vincent on March 11, 1797 and their settlement in Central America on April 12, 1797. In 1795, with the St Vincent and the Grenadines under the governorship of James Seton, the Caribs began the two years of attack known as the Second Carib War. With the aid of French rebels from Martinique, the Caribs plotted the removal of the British. Chatoyer and DuValle (the two main Carib chiefs) planned that Chatoyer would lead the rebellion on the Leeward side and DuValle would lead on the Windward side. News came to Kingstown on March 8th that war had broken out.

Chatoyer directed his fury at the settlers themselves rather than destroying their property. His belief was that the land would be extremely useful to the Caribs after the removal of the British. He worked his way along the Leeward, joined in battle by the French at Chateaubelair, to unite with DuValle at Dorsetshire Hill. The amalgamated forces then set their sights on Kingstown. A battalion of British soldiers from recently arrived warships marched towards Dorsetshire Hill on March 14th. On this night, Chatoyer was killed by Major Alexander Leith. Considered a hero to the nation, a monument in Chatoyer's honour is placed at Dorsetshire Hill. ¹Battles raged throughout St. Vincent over the next year with both sides bearing heavy losses. The final battle took place at Vigie on June 10th, 1796. After a night of arduous fighting the Caribs approach the British with a truce flag.

Submission terms were negotiated and during the next four months over 5,000 Caribs surrendered. The Caribs were exiled to the neighboring island of Balliceaux and on March 11, 1797, the Caribs were loaded onto a convoy of eight vessels and transported to the island of Roatan, off the coast of Honduras, where they arrived on April 12th and from where they spread through the North Coast of Central America, to Honduras, Belize, Guatemala and Nicaragua. On March 14, 2002 the Great Carib (Garifuna) Chief, Chatoyer, was declared first National Hero of St. Vincent and the Grenadines, and the day made a national holiday. Chatoyer, who is also revered by the Garifuna people in Central America, was Paramount Chief at a very critical period in the struggle to retain the independence of St. Vincent and to preserve the lands on which his people lived.

The recognition of the importance of the Carib Chief to the life and struggles of his people has long been recognized. Chatoyer was immortalized in a play, the “Drama of King Shotaway” by William Henry Brown's, recognized as the first black *drama* of the American Theatre and has as its subject the 1795 Black Caribs (Garifunas) defense of the Island of Saint Vincent, against colonization by the British. Mr. Brown is also known as the first American Playwright of African Descent.² The story of the Garifuna people is a unique one that needs to be told, since among other things, it is pivotal to understanding their position in Central America and also the history of St. Vincent and the Grenadines; and indeed the rest of the Caribbean region in which St. Vincent was one of the last outposts of Carib resistance.³

¹ <http://www.blackpast.org/?q=aah/african-company-african-grove-theatre>

³ Dr. Adrian Fraser the Reconnection of the Garifuna Peoples

Submitted by Jose Francisco Avila
President of the Garifuna coalition



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BEREAVEMENT NOTICE

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 the families God's blessing as they cope with their loss and we trust that those who have departed will find rest in the Lord.

¹ http://en.wikipedia.org/wiki/Joseph_Chatoyer

IMMIGRATION MATTERS

IMMIGRATION MATTERS: VISITORS TO CANADA

Contributed by: Sandra Sutherland, CCIC

Most foreign nationals seeking to enter Canada as a visitor are required to obtain a Temporary Resident Visa (TRV) prior to their entry. There are a few countries that are exempt from this visa requirement.

The onus is on the visitor to satisfy immigration officials that he/she is a genuine visitor and will leave Canada at the end of his/her authorized stay. It is advisable for visitors from visa exempt countries to have an invitation letter from their host to assist in facilitating their entry. It is a good idea that all visitors have sufficient funds and clothing for the intended duration of their stay as well as a return ticket for the date they plan to return.

Being in possession of a valid TRV does not guarantee entry into Canada. TRV's have an issue and expiration date. These dates represent the period in which the foreign national may travel to Canada and should not be confused with the length of time that the person can remain in Canada. It is the discretion of immigration officials at the port of entry to determine if entry may be granted and, if so, how long visitors may stay in Canada regardless of the date of the return airline ticket or the duration of the intended visit.

Upon entry, the visitor's passport shall be stamped by the immigration official and a date may be entered below the stamp. The date entered represents the date by which the visitor must leave Canada. If no date is communicated to the foreign national, it is deemed that a six-month stay is granted. In some instances a document called a Visitor Record is issued as a means of exercising some control over the visitor. This document would specify a validity date on which the foreign national is expected to leave Canada. Normally visitors may stay up to six months unless they fit into a special category that permits them to stay longer than six months.

For all intent and purposes visitors are admitted to Canada on the honour system and are trusted to leave when they are supposed to. If they overstay their visit they place themselves at risk of being arrested, detained, and possibly removed from Canada. In cases where a Visitor Record was issued, the foreign national is requested to verify his/her departure when leaving Canada. It is imperative to be compliant so as not to jeopardize future attempts of re-entering Canada.

In order to avoid overstaying it is necessary for the visitor to protect his/her temporary resident status. This may be done by submitting an application for an extension to the appropriate Case Processing Centre (CPC) of Citizenship and Immigration Canada (CIC), by submitting an application for Refugee Protection, or by submitting an application for Permanent Residence. If an application for an extension is being submitted it should be received at the CPC office prior to the expiration of the visitor status. The visitor is deemed to have retained visitor status until such time as the decision of the application for extension has been communicated.

Contrary to popular belief, most visitors are not allowed to work or study in Canada without a permit; therefore it is wise for visitors who intend to work or study to apply for a work or study permit prior to coming to Canada.

Sandra Sutherland is a Certified Canadian Immigration Consultant (CCIC). She can be reached at (416) 431-2829 or via e-mail at ssutherland@southernimmigration.com. View her advertisement in this copy of the *Insight*.

ST. VINCENT AND THE GRENADINES TOURISM OFFICES

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Consulate of St. Vincent and the Grenadines

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United States

St. Vincent & The Grenadines Tourist Office

801 2nd Avenue, 21st floor, New York, N.Y. 10017, U.S.A.
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Fax: (212) 949-5946
E-mail: svgtony@aol.com

MEMBERSHIP APPRECIATION 2011

(Financial members will get 10% off all fundraising events coordinated by SVGAT).

Mothers' Day May 8th 2011
Unity Picnic July 16th 2011
SVG Independence Dinner and Dance TBA

Become a financial member NOW

HEALTH CORNER



THE ST. VINCENT AND GRENADINES
ASSOCIATION OF TORONTO INC.

ANNUAL MOTHERS' DAY DINNER
SUNDAY, MAY 8, 2011
ELITE BANQUET HALL 1850 ALBION ROAD
(west of Hwy27)

Ticket cost:

ADULT \$30.00 CHILDREN 6-12 YRS \$20.00

Under 6 yrs free

Caribbean dinner starts at 2:00pm

Family entertainment starts at 4:00pm

Raffle & Prizes

For Tickets Contact:

Elaina Lewis:	905-839-7087
Monty Providence:	905-417-9625
Gracelyn Providence:	905 417-9625
Fred Williams:	416-648-6908
Grafton Bibby:	647 405-9209
Jason Jones:	905-444-9080 or 905-999-1771
Francelia George:	647 244-6642
Hairoun Bakery:	416 754-3854
Ruby's Salon:	416-736-7896

EVENT/PROJECT COORDINATORS

Mothers Day: Francelia George
Local Unity Picnic: – Claudius Samuel
SVG Unity Picnic Reps: – Monty Providence
Independence Committee: – TBA
Constitution Review – Jason Jones

Make a contribution to the Association

Your donation to any of the following can help the Association meet its objectives: the Emergency Fund, the Scholarship Fund, the Adopt-A-Child Program, the Children's Christmas Party, and the Christmas Hamper to those less fortunate and/or to General Operating Funds.

Q: What happens when I take insulin?

A: Insulin tells the body when to use the glucose in the system. Impaired glucose secretion or insulin resistance is caused by the body's inability to use effectively insulin. If insulin fails to shuttle the glucose into the cell walls, the glucose remains in the blood stream. They cells cannot be unlocked. Therefore, the cells become starved, because they cannot receive the fuels that they need. The glucose in the blood then becomes too high, accumulating in the blood vessels affecting the vital organs and the nerves. Having uncontrolled blood glucose levels for long periods can do significant damage to the body, cause complications, which results in nerve damage, eye (retinal) diseases, cardiovascular and heart problems, recurring infections, lower limb amputations, renal failure and chronic kidney disease, end stage renal failure and death.

Q: What role does insulin play in usage of glucose to provide energy?

A: Insulin is secreted by the pancreas in primarily in response to elevated blood concentrations of glucose. Insulin acts as the door attendant at the entrance to the cell. Food arrives at the door of a cell in the form of blood glucose. When insulin is working effectively, it opens the door, just like a door attendant to accommodate glucose. Then blood glucose enters the cell where it is used for energy. This makes sense because insulin is "in charge" of facilitating the entry of glucose. Some neural stimuli (e.g. sight and taste of food) and increased blood concentrations of other fuel molecules, including amino acids and fatty acids, also promote insulin secretion. Insulin is essential for strict control of blood glucose levels in type 1 diabetes. Insulin is used to treat diabetes mellitus, for controlling high blood sugars, helps to prevent heart disease, strokes, kidney disease, circulation problems, and blindness and for other important functions such as producing sex hormones and regulating heartbeats. Insulin lowers the levels of glucose in the blood and it is necessary to treat those with type 1 diabetes. Tight blood glucose control is the best way to prevent major complications in type 1 diabetes including those that affect the kidneys, eyes, nerve pathways, heart and blood vessels. Intensive insulin treatment in early diabetes may even help preserve any residual insulin secretion for at least 2 years.

April Monthly Meeting Cancelled



HAPPY EASTER TO ALL



HEALTH CORNER- continued

Q: What is insulin resistance and how does this affect diabetes?

A: Insulin resistance occurs when the body cannot use insulin efficiently or effectively. To compensate, the pancreas releases more and more insulin to try to keep blood sugar levels normal. Gradually, the insulin producing (beta) cells in the pancreas become defective and ultimately decrease in total number. As a result, blood sugar levels begin to rise, causing full-blown type 2 diabetes to develop. This is why insulin resistance is considered a core metabolic dysfunction of type 2 diabetes. 4More than 60 million Americans have insulin resistance. One in four develops type 2 diabetes. Insulin resistance is mostly what many of those who are diagnosed with type 2 diabetes will have. The blood has too much insulin, because it is difficult for the insulin to reach the cells and unlock them, as the body has become resistant or insensitive to the insulin. Insulin is secreted by the pancreas primarily in response to elevated blood concentrations of glucose. Insulin acts as the door attendant at the entrance to the cell. Food arrives at the door of a cell in the form of blood glucose and insulin works with it to get it into the cells.

Q: What happens after you consume foods?

A: When you eat, insulin is triggered from the pancreas. This is what controls your appetite. Therefore, if you cut back on the foods that trigger the release of insulin your body will convert more efficiently, the foods that you eat for energy. The presence of insulin encourages any food that is consumed to be stored as body fat instead of being used as energy sources. The advice is that you eat high complex carbohydrate foods, foods that are "high fiber or high thermic foods," which will block the release of insulin and switch off some of the "fat makers." The more fibers the food has the more energy it requires for the digestion, processing, and metabolism and the higher the thermic value will be. High complex carbohydrate foods will "heat up" the metabolism and cause the foods to move more quickly through the digestive tract, forcing the body to automatically burn off some of the fat reserves. Scientific studies show that "thermic foods" help to prevent heart disease lower cholesterol, control obesity, colon cancers and help to lower blood pressure.

Note: Ms Elma Ash Morgan has agreed to contribute a series of articles on the topic of Diabetes for the benefit of our readers. This article will be continued in the next issue of Insight and persons who are particularly interested in the subject can follow up by visiting the Message Board page of the website, www.vincytoronto.com where there will be more of this article. Ms Ash Morgan can be reached at. elmorgan46@hotmail.com

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⁴ American Heart Association. <http://www.americanheart.org>

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The Union Island Cultural Association of Greater Toronto (UICA)

PINIC

August Monday 1st 2011

BRUNCH

Canadian Thanksgiving Day – October 10, 2011

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VINCY UNITY PICNIC

*Join thousands of Vincentians and friends for a day of fun and frolic at the Annual Vincy Picnic at Brown's
Bay Provincial Park, 1000 Islands on the third Saturday of July each year.*

The date for 2011 is Saturday, July 16. Please plan to attend.

ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC. CALENDAR OF EVENTS FOR 2011

Sunday, January 30	Annual General Meeting	Northwood Community Centre
Sunday, February 27	Monthly General Meeting	Northwood Community Centre
Sunday, March 27	Monthly General Meeting	Northwood Community Centre
Sunday, April 24	CANCELLED	Northwood Community Centre
Sunday, May 8	Annual Mothers' Day Dinner	Elite Banquet Hall (1850 Albion Road)
Sunday, June 26	Monthly General Meeting	Northwood Community Centre
Sunday, May 29	Monthly General Meeting	Northwood Community Centre
Saturday, July 16	Vincy Unity Picnic	Brown's Bay Provincial Park, 1000 Islands
Sunday, July 31	Monthly General Meeting	Northwood Community Centre
Sunday, August 28	Monthly General Meeting	Northwood Community Centre
Sunday, September 25	Monthly General Meeting	Northwood Community Centre
Sunday, October 23	Thanksgiving Church Service	TBA
Saturday, October 29	Independence Banquet	TBA
Sunday, October 30	Community Discussions	TBA

Addresses & Directions:

Northwood Community Centre, 15 Clubhouse Court, (off Arleta between Keele & Jane Streets)
 Riviera Parque Banquet Hall, 2800 Hwy7 West at Jane Street, Concord
 Rosewood Church of the Nazarene, 657 Milner Avenue, Toronto (Milner runs off both Markham Rd &
 Morningside Ave just north of Hwy 401)
 York Civic Centre, 2700 Eglinton Avenue West, Toronto (Eglinton Avenue & Keele Street)

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Commentary: Change management: A St Vincent and the Grenadines perspective

Change management -- an important phenomenon and a systematic approach to coping with change, both from an organizational and from an individual perspective.

Arguably, this era in our political arena is the worst state the country has been. Make no mistake, our politicians and political affiliates are responsible for the downfall of our political system. As politicians and constituency representatives deliberate their caustic messages party affiliate often show unrelenting support; politicians demoralize each other and supporters agree. Right now we are a divided nation -- so divided that we cannot sustain our own development and live like people from the same soil. Some politicians feel as though they have the right to enact unwelcome legislation while others believe that they can mend the issue by breaking the rules -- this is unbecoming of us as a nation.

Empirically, this political ad hominem to date has created political borders that goes beyond our borders, and guarded by political insurgents and informal jurisdiction. This to, have installed an anarchist environment within our system and one that is also characterized by bipartisan, earmarks, chaos and disinformation; demonstrated in the form of false messages, which are designed deliberately and often covertly to spread -- as rumours -- in an effort to influence public opinion or obscure the truth. Perseveringly, we have asked our politicians to change this practice and now it is our turn to act swiftly and correct this dramatic environment we have placed ourselves. To do so, we must use our powers -- the powers of election to vote the right people. First, we must encourage a new and energetic party; one that recruits citizens who are characterized by honest, dedicated, trustworthy, intellectual capacity and not withholding God-fearing individuals. We must elect a party that does not solicit followers through name calling and propaganda, but one that place Vincentians first through the assessment and discussion of issues and policies, and the correct execution of the government and the political process.

No more must we blame our politicians for the tense environment, which we help to create; no more can we hold our parties responsible for the lack of progress we are making -- politically It's on us -- as citizens -- to do what we have to do to make the change, which our politicians are failing to accomplish. Having been inspired by President Barack Obama; I am happy to stand before the nation and

have a debate with any of member of the New Democratic Party (NDP) or the Unity Labour Party (ULP) or any of my opponents about what St Vincent and the Grenadines (SVG) means, what makes it unique and how the Vincentian people are able to live up their goals and objectives. Far too often our politicians are failing in helping us live up to that standard and I believe that is what the change process is going to be all about in our coming election. Even more, I want this message to be absolutely clear -- If you don't use anything from this article; please use this, what it means -- we as a people are part of this change process. I am afraid for our country if the political process does not change. Four more years of that type of politics -- I am really afraid of what could happen. The Diaspora and citizens at home indicate that they would start looking for real estate in other countries to spend their time, because they won't be able to live in such environment. However, this is not the direction we should go, instead we must come together to ensure that change becomes a reality.

Tune into CNN and see what's going on in the Middle East and how they are protesting as a sign of hope for change. It is affecting the world; by the way, the world hates politicians, no! The world reveres politicians. On one hand, they see politicians as the people to bring change and on the other side they refer to them as hypocrites. Change must involve the people -- change should not be imposed upon the people.

I hope that this message will give Vincentians, at home and abroad, a window of hope.

The author of a number of published works, D. Markie Spring was born in St Vincent and the Grenadines and now resides in Providenciales in the Turks and Caicos Islands. He has an MBA from the University of Leicester, England, and a BA from Saint Mary's University, Canada

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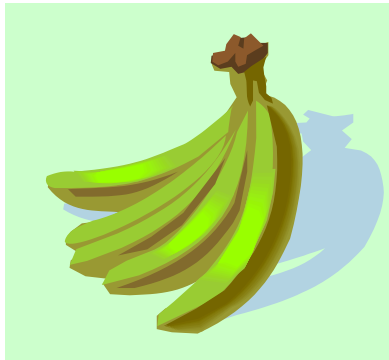
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LET 2011

BE THE YEAR OF ASSISTING A CHILD

TREES FOR LIFE

TREES FOR LIFE



Green Banana Pudding

INGREDIENTS:

- 1 egg
- 1 cup sugar
- ½ tsp ground cinnamon
- 6 large green bananas, boiled and mashed
- 4 tbsps margarine, softened
- ½ cup milk
- 2 cups self-raising flour
- 1/3 cup shredded coconut

METHOD

1. Preheat the oven to 325 degrees F.
2. Combine the egg, sugar and cinnamon
3. Add the bananas, margarine and milk
4. Stir until smooth
5. And then add the flour and the coconut.
6. Pour into a greased 8-inch baking dish.
7. Bake for 40 minutes or until set.

Submitted by: Marcia Farrell

golden banana
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SVGAT Scholarship Program

The Association will award two scholarships for the 2011/2012 school year to eligible applicants. Deadline date to submit applications is August 31, 2011. Download forms from website: vincytoronto.com

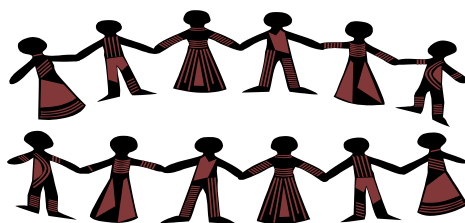
The St. Vincent and Grenadines Association of Toronto Inc.

Membership Registration Form

Become a Member!
Join with us in achieving our goals.

Mission Statement

The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) is a non-profit community-based Association. We are committed to providing assistance and support to groups and institutions in St. Vincent and the Grenadines, Ontario, and wherever the Association deems fit. We are also committed 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 OF EVERY MONTH** from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court, (Keele St. & Sheppard Ave. W. area), North York

We hope to see you there!

NAME: _____

ADDRESS: _____

TELEPHONE: _____ E-MAIL: _____

FAMILY MEMBERS: _____

NEW MEMBER OR RENEWAL: _____

AMOUNT ENCLOSED: \$_____ (\$2.00 for new membership registration, \$20.00 annual subscription)

Please make cheques payable to THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC. and mail to:

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