

# INSIGHT

**THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC. (SVGAT)**

KEEPING OUR COMMUNITY INFORMED THROUGH COMMUNICATION

Quarterly Newsletter

April 2015



## From the President's Desk

As I write this article for our Quarterly Newsletter, my thoughts are with you and your family and I hope

you had a wonderful Easter weekend as we celebrated the crucifixion and resurrection of our Lord and Saviour Jesus Christ. I also know this is the Spring season and we can start looking forward to warmer weather.

As I reflect on the association and its long standing in our community, I believe that its direction should be such that it would leave a legacy for the next generation. The St. Vincent and Grenadines Association of Toronto (SVGAT) is indeed a blessing for each one of us. Its many programs help less fortunate individuals to achieve their goals. The University and College bursaries, relief efforts, referrals, home-care and the adopt-a-child program all benefit our community. It is therefore, imperative that each one of us continue to work in a collaborative manner to keep these programs going.

During the last three years (2012, 2013, and 2014) the association donated over ten thousand dollars through fundraising efforts to support Education and Health services in Canada and in St. Vincent and the Grenadines respectively.

I am looking forward to continuing to direct the association to achieve even more this year with the

continuous strong support of all members and volunteers. Moving forward, our team of dedicated Board members, Officers, Committee members and volunteers intend to continue to open the door of opportunity and implement the following principles for the benefit of the community:

- ✓ Strengthen organizational ties with groups that share similar objectives with the association
- ✓ Conduct all our endeavours in a professional manner
- ✓ Establish standards and procedures for Volunteers
- ✓ Strive to improve existing programs

Thanks for your continued support in all our endeavours. Support the Mothers' Day Tea Party on May 10th and the Toronto Harbour Boat Cruise on August 7th. All of our upcoming events are listed on page nine. Visit our website for more details at [www.vincytoronto.com](http://www.vincytoronto.com)

**Volunteer with The St. Vincent and Grenadines Association of Toronto TODAY and help make a difference!**

Sincerely,  
Marcia Farrell

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## **The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT)**

### **Board Members**

Marcia Farrell  
Bernadette Ryan-Phillips  
Silma Millington  
Prudence Morton  
Kinda Edwards-Keizer  
Gideon Exeter  
Erline Granderson  
Kenneth Farrell

### **Executive Officers**

President, Marcia Farrell  
Corporate Secretary, Silma Millington  
Treasurer, Bernadette Ryan-Phillips  
Public Relations Officer, Prudence Morton

### **Committees**

Executive Committee  
Culture/Recreation/Education/Sports Committee  
(Planning Committee)  
Youth Committee  
Seniors Committee  
Publicity & Fundraising Committee  
Relief Committee

## **Ad-Hoc Committee Update**

### **Our contribution to the people and children of Owia and Fancy affected by the Rock Gutter catastrophe**

Following what has become known as the Rock Gutter Disaster of January 2015 when a passenger vehicle overturned and caused the death of seven school children, the Ad Hoc Committee, under the leadership of SVG Consul General to Toronto, Mr. Fitzgerald Huggins, organized a memorial service which took place on February 8th at the Wesley Chapel Free Methodist Church in Toronto. The occasion brought together over 200 persons among whom were a number of young talented individuals of SVG parentage that performed some memorable musical renditions.

Receipts from collections taken at the service amounted to just over Cdn \$3,000.00 and it has been determined that this money will be used to erect a Memorial Bus Shelter for the people of Owia and Fancy in honour of the young lives that were lost in that tragedy.

***We are all happy and proud to have  
been of assistance***



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Notaries Public**

## **Rhonda A. Metelsky**

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

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# News out of SVG



## Fancy gets brand new School Bus

**PM DR. RALPH GONSALVES and students take a ride in the new Fancy school bus.**

*Reprinted from an article in Seachlight Newspaper issue: 24/3/1/2015*

A BRAND NEW 30-seater school bus was handed over to the community of Fancy on Thursday, March 19, The bus was purchased with funds provided by the National Lotteries Authority (NLA), The Mustique Charitable Trust, PetroCaribe and the Government of St Vincent and the Grenadines.

The Nissan bus replaces the privately owned omnibus that was destroyed on January 12, 2015, when it plunged into the sea at Rock Gutter, Owia, resulting in the loss of seven lives. The contributions, which went towards the purchase of the bus include \$100,000 from the NLA; \$100,000 from The Mustique Charitable Trust and \$50,000 from Petro Caribe. Coreas Hazells Inc provided the Government with a \$15,000 discount on the purchase price of the bus, while the Government paid to have the vehicle licensed and insured.

Addressing the ceremony, Prime Minister Dr Ralph Gonsalves said after the Rock Gutter tragedy on January 12, 2015 in which seven students lost their lives, the Government had to buy a bus.

"When the bus went over at Rock Gutter, there was no bus, so I had to buy one. And once I decide to buy, you know I buying Fancy the best... Those who want to talk, let them talk. I am giving Fancy the best," Gonsalves said. The Prime Minister mentioned that in addition to the six school buses owned and operated by the Government, private buses used to transport students are subsidized by the Government.

Permanent Secretary in the Ministry of National Transport and Works Hudson Nedd has been vested with the responsibility to take care of the bus. Sharing brief remarks, Nedd assured that his ministry will provide a high level of service in transporting the community's children safely to their various schools between Fancy and North Union. He also asked for the students' commitment in doing their part in taking care of the bus. "Sometimes they are full of so much energy and when they get on the buses, their energy breaks loose. Although they do not mean to cause harm and damage, their pens are in their hands and as they are throwing a nice, sweet joke, they are stabbing at the seats in the vehicle," Nedd stated.

Representing the Mustique Charitable Trust, administrator Lavina Gunn said when Prime Minister Dr Ralph Gonsalves contacted the Trust about the bus, they immediately acted. "Without hesitation, it was agreed immediately that \$100,000 would be made as a contribution towards the purchase of the bus," Gunn said. The Trust administrator said she hopes that the bus will provide meaningful and practical help for the community of Fancy and noted that the Trust has replaced uniforms, school bags, text books, and supplies for those students in need. The funds for this donation by the Mustique Charitable

Trust came from their affiliated Trust, The UK Friends of the Mustique Charitable Trust.

Chair of the National Lotteries Authority Murray Bullock said it was an easy decision to make when they were approached by the Prime Minister. He also asked that there be regular preventative maintenance done on the bus. "Preventative maintenance is vitally essential," Bullock said, while urging the driver of the bus to exercise caution with the passengers in his care. Meanwhile, Member of Parliament for North Windward Montgomery Daniel said having a bus valued at \$500,000 is something that they should all be thankful for. According to Daniel, the bus is the second that has been bought for his constituency since the Unity Labour Party (ULP) took office in 2001. "...In my period of time here as representative of the constituency, I have delivered this community two brand new school buses as representative for this constituency," Daniel said.

Malika Joseph, administrative officer of PetroCaribe, said when they were asked to co-sponsor the purchase of the bus, they were very delighted. We stood with the people of Fancy... Know that PetroCaribe is here to support, not with just the purchase of the bus, but in any further assistance that we are willing to give. We are here for you," Joseph said. At the closing of the ceremony, Jemma Edwards, mother of students Jamal and Jamalie Edwards who lost their lives at Rock Gutter, did the cutting of the ribbon, which signaled the official handing over the new bus. (KW)



**SCHOOLCHILDREN in Fancy on hand to witness the handing over of a brand new 30-seater bus, valued at \$500,000**

## TORONTO CONSULATE OFFICE

*(Please note our new suite number, 403)*

Consulate General of St. Vincent  
and The Grenadines  
55 Town Centre Court, Suite 403  
Scarborough, Ontario, M1P 4X4

**Mr. Fitzgerald Huggins**  
**Consul General**

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

## Interactive Game to help Vincentians understand La Soufrière's destructive power

*Reprinted from Searchlight Newspaper, March 20, 2015*

THE INHABITANTS of St Vincent will soon be able to learn more about the volcano which towers over their homes, thanks to a video-game created at Plymouth University.

La Soufrière, perched on the northern edge of St Vincent, last erupted in 1979, while its most deadly blast was in 1902, when 1,500 people lost their lives. Now volcanologists in Plymouth have developed a new educational game, which they hope will enable people of all ages to recognize the signs an eruption may be imminent, and to know what to do if such a situation arises. Devised by PhD student Lara Mani and lecturer in Geohazards Dr Paul Cole, the game has been built in conjunction with digital game design specialists at i-DAT (the Institute of Digital Arts and Technology based at the University). Lara, whose PhD is based on the 3D visualization of volcanic hazards, said: "There are around 110,000 people living on St Vincent, and about 20,000 would have to evacuate their homes in the event of La Soufrière erupting. But despite having a volcano hazards map, and a Volcano Awareness Week each year, a whole generation has grown up on the island not having experienced the volcano's potentially destructive power."

The game begins by providing information about the 1902 and 1979 eruptions, as well as factual details about La Soufrière and then more general information about the different types of eruption that could occur. There is also detail about how an eruption would affect three towns in the shadow of the volcano – Fancy, Chateaubelair and Georgetown – and a series of quizzes designed to test what players have learned.

The game will be trialled in St Vincent over the coming weeks, with scientists from Plymouth working in conjunction with the University of the West Indies to examine its impact and any adaptations the islanders would suggest.

Once any changes are made, the aim is to roll it out across schools and community facilities during this year, but also to look at ways to spread the message more widely. Lara added: "The children on St Vincent are used to game playing – and there is a programme on the island to enable all schoolchildren to have a laptop – so we felt this was the perfect way to communicate with them. We also hope it could be the start of a wider volcano awareness project, possibly using footage from the game to educate young people in the UK and across the world."

Volcanoes are a fascinating, but potentially deadly force, and anything which increases awareness of them is a positive thing." Volcanologists at Plymouth University are part of the collaborative STREVA (Strengthening Resilience in Volcanic Areas) project, which brings together diverse researchers from universities and research institutes from within the UK and from those areas affected directly by volcanic activity. Its previous projects have included Volcanoes Top Trumps, with an educational card and online game, designed to motivate people to learn more about some of the planet's most destructive natural phenomena.

**There is a programme on the island to enable all schoolchildren to have a laptop – so we felt this was the perfect way to communicate with them.**



# JIM LEWIS

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# Community Happenings



## Take Your Mother to Tea on Mothers' Day - May 10th - Only \$20.00

The words "Tea Party" conjures up images of ladies resplendently dressed in tea-length dresses and hats and gloves sitting at tables gloriously laid with white tablecloths, the prettiest of cups and saucers and tea trees laden with cucumber sandwiches, petit-fours and all kinds of delicious mouth-watering bite-sized cakes. That's exactly what Silma Millington, project lead of the St. Vincent and Grenadines Association Mother's Day Tea Party, promises except that everyone is invited!!

The event is billed as **Mothers' Day with a Difference**. According to Ms Millington, there will be all sorts of tea party foods to satisfy and tempt the most discriminating taste-buds and a bounty of entertainment is planned to delight your Mom! The popular saxophonist, Syl McIntosh, will perform and there will be a Parade of Hats with a prize going towards the best hat. Some of the prizes so far include a Kindle for those who love to read and a \$25.00 gift certificate for those who love to shop.

**Get your tickets Now!!** Give your Mom an afternoon to remember!! Don't forget the Hat!!

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



*Join us on May 10, 2015 for a  
Mothers' Day Tea Party*



Montecassino Hotel and Event Venue  
3710 Chesswood Drive, Downsview, ON  
(at Sheppard Ave. West)

Time: 3:00-6:00 p.m.

Admission \$20.00 per person

*Guest Artist:  
the renowned and  
popular saxophonist  
Syl McIntosh*

### For Tickets:

Hairoun Bakery: 416-754-3854  
Ruby's Beauty Salon: 416-736-7896  
Marcia Farrell: 647-716-0181  
Silma Millington: 416-759-0194  
Grafton Bibby: 647-405-9209  
Kenneth Farrell: 416-822-3601

### Music by DJ Fusion

Entertainment:  
• Parade of Hats  
• Poetry Reading  
• Musical performance

## A Jamaican Child's Mother's Day Tribute

By Kerri-Ann M. Smith  
Published May 28, 2006



Shi used to seh  
Children should be seen  
And never heard;  
And pickney fi min' dem business.  
And wi used to shut wi mout  
And listen.  
Mama did love wi!  
Shi taught us wisdom and patience

Shi used to seh  
Come tan up inna di kitchen  
And watch what mi doin  
One day it aggo come een handy.  
And wi used to push up wi mout  
And watch and learn.  
Mama did love wi!  
Shi taught us how to be independent.

Shi used to seh  
Wi fi listen to wi teacha,  
And if wi get beaten  
Shi aggo beat wi two time  
pon top a it.  
And we used to behave  
And show respect.  
Mama did love wi!  
Shi taught us discipline

Shi used to seh  
Wi fi study wi school work  
And read til it kill wi,  
And if wi neva dweet  
She used to cuff wi inna wi head.  
And wi used to read and read  
til wi yeye dem sore.  
Mama did love wi!  
Shi taught us the value of an education

Shi used to seh  
Wi fi lef grown people tings alone  
And if wi come inna har house  
Wid any young baby,  
Shi woulda beat wi til wi sof'.  
And wi used to fraid  
Fi even look pon a bwoy too hard.  
Mama did love wi!  
Shi taught us to respect ourselves.

Some ah wi madda come and gone  
Some ah wi madda dem still here  
Noh matta how much beatin'  
Noh matta how wi did poor  
Noh matta how shi hard wi childhood was  
Wi still deh love wi mama more  
And more Mama wi love yuh

## Community Happenings

### How are your Sea legs?

Come join us for a fun filled Vincy Boat Cruise

#### Wind Down Summer on a Vincy Boat Cruise

Friday, August 7th, 2015

Boarding time: 7:00 p.m. Sailing time: 7:30 p.m.

Spend a Tropical Evening cruising Toronto Harbour  
aboard the STELLA BOREALIS



**ADMISSION: \$55.00**  
**(Limited Early Bird tickets: \$45.00 - on sale March 31, 2015)**

Admission includes: Welcome Aboard Drink  
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Tickets Available from:

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St. Vincent and the Grenadines Consulate & Tourism Office – Tel: 416-398-4277  
Ruby's Beauty Salon – Tel: 416-736-7896  
Elias Restaurant & Tavern – Tel: 416-633-1735

Or Call

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of The St. Vincent and Grenadines  
Association of Toronto

Gideon Exeter – Tel: 416-992-4253  
Claudius Samuel – Tel: 416-726-2841  
Marcia Farrell – Tel: 647-716-0181  
Grafton Bibby – Tel: 647-405-9209  
Prudence Morton – Tel: 647-893-4774 / 905-787-1009

Music by  
DJ Fusion

Sponsored by The St. Vincent and Grenadines Association of Toronto Inc.

#### First Annual Boat Cruise Launched

The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) has launched its first ever boat cruise around the Toronto Harbour to raise funds for its relief efforts.

On August 7, 2015, about 300 passengers will board the

Stella Borealis for four hours of fun. The event is billed as "Wind down the Summer!" Mr. Gideon Exeter, leader of the Project says, "Come out and enjoy yourself while making a contribution that will benefit our community here in Canada and elsewhere."



## Thinking of Sponsoring a Family Member?

Contributed by: Sandra Sutherland, RCIC

**Do you have close family members living inside or outside Canada whom you would like to sponsor to become a permanent resident in Canada? If so, here are some facts that you need to know before you initiate the application process.**

As the sponsor you should ensure that you meet the eligibility criteria to sponsor and also that your family member is eligible to be sponsored for permanent resident status. If you have any bars to sponsoring (i.e.: default in prior undertaking, default in court ordered support payments, pending bankruptcy proceedings, etc.) rectify them prior to submitting your application to sponsor. You also cannot sponsor another spouse, common-law or conjugal partner until the three year undertaking period has passed since your previous sponsored spouse or partner became a permanent resident. If you plan to sponsor your spouse, common-law or conjugal partner and you were previously sponsored as a spouse, common-law or conjugal partner you must wait until five years have passed since you obtained your permanent resident status before you can sponsor your spouse or partner.

You may sponsor a spouse or common-law partner who resides in Canada with or without status through the Spouse or Common-law partner in Canada class category. If your spouse or partner resides outside Canada you may sponsor him/her under the family class sponsorship category.

Other family members whom you may sponsor in the family class sponsorship category include your dependent child, intended adopted child under the age of 18, parent or grandparent, or a minor and orphaned brother, sister, nephew, niece, or grandchild. If you do not have any of the above listed close family members and no relatives who are Canadian or permanent residents you may sponsor a relative.

As of August 1, 2014 the age at which a child is considered a dependant was reduced to under 19 years of age instead of under 22 years of age. If you are a father sponsoring a dependent child, it would be beneficial that your name appears on the child's birth certificate as the father. This could help to avert any added costs of paternal DNA testing.

It is very critical to ensure that the person being sponsored (the applicant) meets Citizenship and Immigration Canada's (CIC) definition of a Family Class member and do not have any admissibility issues that cannot be overcome.

A sponsored spouse or partner who have been in a relationship with his/her sponsor for two years or less and do not have any children in common with his/her sponsor at the time of the sponsorship application, shall have a two year period of conditional permanent residence if permanent residence status is granted. The condition entails that the sponsored spouse or partner must live together with his/her sponsor in a legitimate relationship during the two year period from the day conditional permanent residence was granted.

As the sponsor it is your responsibility to submit a complete application package to CIC Filling out multiple application forms, each of which may range in length from one to six pages, can be quite intimidating and overwhelming. If you hire someone to assist you, make sure that he/she is a competent authorized immigration representative. The money spent in doing so may avert a more costly and time consuming appeal process if the application is refused.

Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) and immigration counsel. She is licensed 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 at:

[ssutherland@suthernimmigration.com](mailto:ssutherland@suthernimmigration.com). View her advertisement under Suthern Immigration & Paralegal Services Inc. in this publication for more information. Mention that you saw this article or the advertisement in this publication to receive a free consultation.

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# Education Corner

Students currently studying for and writing final exams would benefit from the article below as published in U of T's *The Social U* April 6th, 2015

## 10 Study Tips for Final Exams

Over the next few weeks, many college students will be studying for final exams (including us). Here are 10 tips to all of you (students) on how you can separate your tasks throughout the week(s).

**1 Keep your Energy Levels High.** Although it is important to leave a reasonable amount of time to study, I believe it is more important to have the energy necessary for optimizing your studies. You will do better on the tests if you sleep 7-9 hours a day. In order to achieve this, it is important to use your available study time more efficiently.

**2 50-10 Rule.** I learned this tactic two years ago and it has worked very well for me. The basis of it is to study 50 minutes of every hour, and keep the last 10 minutes to clear your mind. The idea is that you should focus 100% during those 50 minutes and use the remaining to relax yourself. Create an alarm notification on your phone so it rings whenever those 50 minutes are over. Stick to that alarm; it will be beneficial.

**3 Organize a Calendar.** In this calendar you should add not only the time period of each exam, but also try to separate the hours that you wish to dedicate to each subject. Leave time, as I said, to free your mind. The purpose is that while you are in front of the books or the computer, you spend 100% of your attention on it (zero distractions). Google Calendars can be your best friend during this week.

**4 Create Study Guides One Week Before the Final.** Many times, creating study guides are the most time-consuming part of studying. One thing I would recommend is to create these outlines or guides one week prior to the tests so you can just read the organized material and be able to answer the questions quickly and effectively.

**5 Study in Groups Only if it Benefits You.** Certainly there are many cases where studying in groups can be beneficial, since many minds working together can help explain concepts better than you perhaps did not understand. However, a study group only works well if you are concentrated and serious. If not, conversations, jokes, and distractions can take control of the study sessions.

**6 Take Your Time.** It is important to spend an adequate amount of time and energy to study. Recall that final exams usually last from an hour and a half to three hours and it can be difficult (if we are not prepared) to handle the concentration level for such a long period of time. Be prepared; practice.

**7 Finish Your Practice Problems.** Whenever you find yourself practicing your math problems or something of this sort, don't give

up on them. Finish the problem completely so you can understand them better for the exam and leave no place for doubt. If you have questions on those practice problems, check your notes or talk to a classmate who can help. Be sure to work the problem because, more often than not, the ones you don't understand are the ones that end up in the test.

**8 Relax.** Keep your stress levels low. It's good that you worry about your finals, but don't let stress and anxiety take over you. Complete all your work and try and finish it all up early. The better you distribute your tasks during the weeks before final exams, the better you will understand the material.

**9 Do a practice quiz.** Ask your parents or your brothers and sisters to quiz you about the material you are studying. Create a "home-made" quiz with all relevant information you need to know and review it two hours after you create it (or just after studying). This can help to keep your goals aligned.

**10 Exercise and eat healthy.** Exercise and good nutrition cannot only help control your stress levels, but it can also maintain your emotions stable. Exercise helps keep your blood pressure low and it can help raise your energy levels so you can continue to study more effectively. Remember, the focus and the concentration (not necessarily the time) you spend while studying for a final exam is more important than anything.

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# SVGAT

## 2015 Calendar of Events

Date	Event	Location
Sunday, April 26, 2015	Monthly General Meeting 4:30 p.m.	Northwood Community Centre
Sunday, May 10, 2015	Mother's Day Tea Party, 3 p.m.	Montecassino Hotel 3710 Chesswood Drive, Downsview
Saturday, July 18,, 2015	Unity Picnic	Browns Bay, Ontario
Friday, August 7, 2015	Summer Boat Cruise 7 p.m.	The Stella Borealis 1 Queen's Quay West, Pier 27, Toronto
Sunday, October 18, 2015	Independence Service	To be announced
Saturday, October 24, 2015	Independence Gala	To be announced
Sunday, October 25, 2015	Community Forum	To be announced
Saturday, December 22, 2015	Childre's Christmas Party	Northwood Community Centre

Visit our website at [www.vincytoronto.com](http://www.vincytoronto.com) for additional information

## ST. VINCENT AND THE GRENADINES TOURISM OFFICE, TORONTO



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### WE'RE LOOKING FOR YOUR ARTICLES

If **you** have an article or story you would like to share with other readers in **Insight**, we ask that you contact members of the Executive Committee by email to [svgat@vincytoronto.com](mailto:svgat@vincytoronto.com).

The next issue of **Insight** is due out in early August so your article should be submitted by the middle of July.



### Membership Has Its Rewards

Through the Arbor Alliance Program offered by Memorial Gardens Canada financial members of St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) and their families are eligible for preferential pricing on cemetery and funeral services and products. Financial members and their immediate family are eligible for a 10% discount on products and services when pre-purchased, and a 5% discount when purchased at the time of need at any of the company's funeral homes or cemeteries.

Planning ahead allows you to enhance your family's security, spare them unnecessary emotional strain, and potentially save them hundreds, even thousands of dollars.

To find out more about the Arbor Alliance Program please contact any member of the SVGAT executive or Gideon Exeter of Pine Ridge Memorial Gardens by email at [gexeter@arbormemorial.com](mailto:gexeter@arbormemorial.com) or phone

**416-992-4253**

### Worth Noting...

#### Ontario Youth Program

If you are unemployed, not in school full-time and between 15 and 29, Ontario will do more to help you connect with employers and get a job placement of four to six months.

They will provide incentives to employers to help cover the cost of wages and training for new hires and help youth cover costs like transportation or tools required for the job.

Job placements will provide more opportunities for youth to build skills and confidence, get valuable work experience and connect with employers.

#### Who is eligible

You may be eligible if you are:  
between 15 and 29 years of age; unemployed; not attending school full-time and a resident of Ontario.

They will make special effort to help youth facing barriers to work, including:

Youth on social assistance; Aboriginal youth; Youth with a disability Youth with a poor history of educational attainment or employability; Youth in communities with high youth unemployment.

<http://www.tcu.gov.on.ca/eng/employmentontario/youthfund>

## Health and Wellness

Pigeon peas contain high levels of protein and the important amino acids methionine, lysine, and tryptophan. Pigeon peas are also very low in Saturated Fat, Cholesterol and Sodium and a good source of Dietary Fiber, Protein, Thiamin, Magnesium, Phosphorus, Potassium and Copper, as well as a very good source of Folate and Manganese.

Read More <http://nutritiondata.self.com/facts/legumes-and-legume-products/4369/2#ixzz3WpZDAr24>

### Green Pigeon Peas Soup with Dumplings Recipe

#### INGREDIENTS (Dumplings):

½ lb. flour  
¾ tsp. salt  
¼ cup cornmeal (optional)  
1 tbsp. sugar  
½ tsp. baking powder  
pinch of spice or nutmeg (optional)  
water

#### INGREDIENTS (Soup):

2 cups shelled green pigeon peas  
1 oz margarine  
½ lb. soup meat  
1 large onion  
6 cups water  
2 sprigs celery  
salt and pepper to taste  
6 ozs pumpkin  
1 lb. tannias  
1 green plantain  
dumplings (see recipe below)  
3 tbsp. Oil  
1 large carrot (sliced)

#### METHOD (Dumplings):

Combine flour, salt, sugar, baking powder and cornmeal. Add enough water to make a fairly stiff dough. Shape dough into either round, oblong or flat bite size portions. Drop in boiling soup.

#### METHOD (Soup):

Chop seasoning and pumpkin, cut up meat into small pieces. Heat oil, sauté seasoning and pumpkin, add meat and fry till slightly brown. Add peas and cook till peas burst and are soft, adding a little hot water occasionally. Add water enough for soup. Meanwhile, peel and cut up carrots, peel plantain and tannias and cut into bite-sized pieces. Add to soup with salt and pepper to taste. When soup is almost done add dumplings and butter for the last 10 minutes. Check taste. Serve hot as a lunch or dinner main course.

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# Health and Wellness

## Dealing With Health Concerns

BY LISA CANTKIER

A food allergy is an adverse immune response to various foods. Food allergies are different from other adverse responses to food, such as food intolerance (a detrimental reaction, often delayed, that produces symptoms in our organs/systems). In both cases, however, the protein in the food is usually the allergic component. Our body responds in various ways when our immune system identifies the protein as harmful. For common food allergy symptoms, check out: <http://www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/allerg-eng.php>

Although some studies report findings that food allergies affect more women than men, a 2011 study in the USA involving 14 million blood tests showed that men exhibit higher sensitivity to 11 common allergens, including ragweed, mold, two dust mites, dog dander, cat skin, as well as five foods (egg white, milk, peanut, soybean, and wheat).

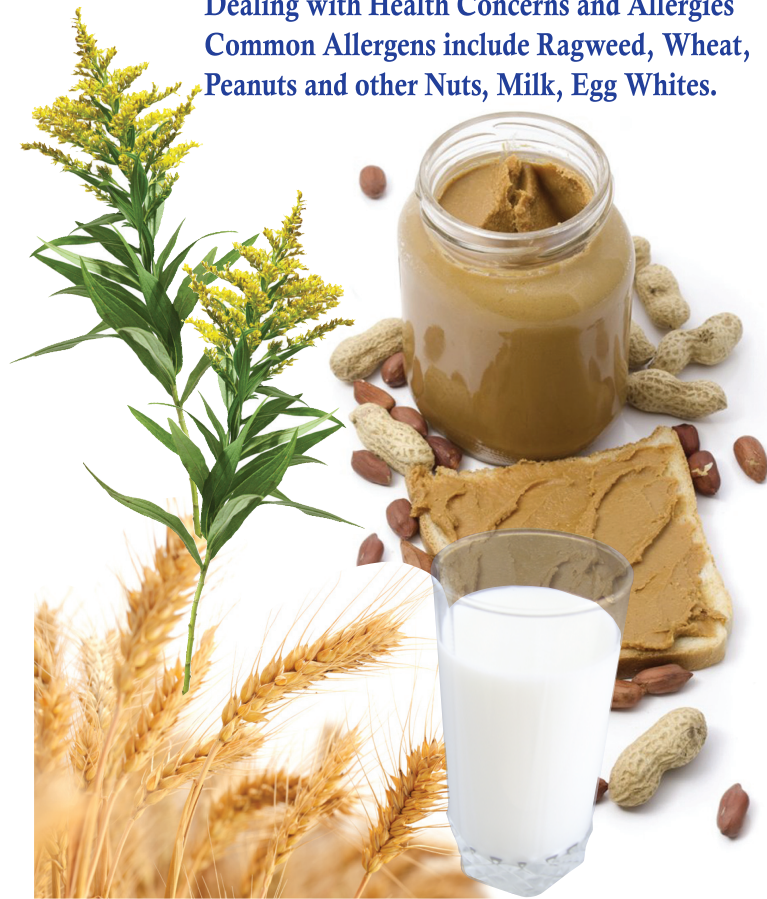
It comes as no surprise that men are often reluctant to investigate health concerns and visit the doctor far less than women; visits around food allergies are no exception. Factors leading to this outcome include societal norms and the fear of discussing one's "tummy troubles." If you are a man who is concerned you may have a food allergy or intolerance, here are a few suggestions that you may find helpful: "Man up" and make the decision to address your concerns to your primary health care provider, and find out if allergy testing is necessary. If you do not have a health care provider, then seek one out! Food allergy and intolerance symptoms are broad and can affect much more than our gut alone, so if you are experiencing anything out of the ordinary, it's better to address health concerns sooner than later before you encounter more serious problems. Find out from your health care provider whether it is necessary to get your blood checked for various vitamin and mineral levels, including levels of iron, vitamin B12 and vitamin D. Being deficient in any of those vitamins and minerals are often red flags for gastrointestinal disorders like celiac disease or inflammatory bowel disease. Ask your health care provider whether you are a candidate for vitamin and/or mineral supplementation. This might be necessary if you cut key foods out of your diet (such as dairy and the calcium it supplies) and you are not eating enough of other nutritionally-dense foods to make up the difference. Consider working with a nutritionist for advice about elimination diets. He/she can guide you on how to maintain a food journal in order to determine which foods may be causing your problems. Once you find out which foods you need to avoid, your nutritionist can help create a meal plan that is just right for you.

Lisa Cantkier is a Holistic Nutritionist and Lifelong Celiac specializing in special diets and food allergies. For more information, visit [LisaCantkier.com](http://LisaCantkier.com)

This article appears in the March 2015 issue of Tonic Toronto

Insight • April 2015

Dealing with Health Concerns and Allergies  
Common Allergens include Ragweed, Wheat,  
Peanuts and other Nuts, Milk, Egg Whites.



## Step into Spring ... with these fun activities

After the coldest winter in Toronto since February, 1971, our thoughts now turn to the great outdoors where the weather is warming up and everything's turning green. We can at last shed our coats and get started on this check-list of fun ways to enjoy the Spring season.

- ✓ Plant something green
- ✓ Jog outside
- ✓ Look at the cherry blossoms
- ✓ Take the kids to a farm to see the animals
- ✓ Ride a bike
- ✓ Jump in puddles
- ✓ Get dirt under your fingernails
- ✓ Eat a ripe apricot
- ✓ Find a pond and feed the ducks
- ✓ Leave your windows open to catch a spring breeze
- ✓ Feel the sun on your face
- ✓ Listen to the birds singing
- ✓ Spot a rainbow
- ✓ Wear open-toed shoes



# The St. Vincent & Grenadines Association of Toronto Inc. (SVGAT)

## Association's Profile

The St. Vincent and Grenadines Association of Toronto Incorporated, is a not-for-profit association formally established in 1968 in Toronto. The association is committed to providing assistance and support to groups and institutions in Ontario and wherever the association deems fit. It is committed to provide an anti bias forum for cultural, educational, social and recreational enrichment and to maintain a network of communication through information and referrals.

The prime objectives of the Association is to encourage a high level of volunteerism through recruitment, training and effective utilization of skills and to organize and promote events to enrich the lives of children, youths, adults and seniors in order to strengthen their relationship and transfer information and experience among them.

### The early days:

The first meeting of the Association was convened Sunday, December 1, 1968 at 2 PM, at 12 Queen Street East, Toronto. The following officers were appointed: President- Dr. S.Allan Liverpool, Vice President- Mr. Fred Isaacs, Secretary- Ms. Shirley Sutherland, Treasurer- Ms. Edna Hunte, and PRO- Mr. Caley Bonadie. Mr. M. A. Zuker, a lawyer, represented the Association in filing an application for Letters Patent at The Department of Finance and Commercial Affairs, in Toronto on November 23, 1970. The Letters Patent was granted by the Province of Ontario on February 26, 1971 under the name of "The St. Vincent Association of Toronto".

### Where SVGAT is now and what are its aims?

Several months ago, the executive committee of the St. Vincent and Grenadines Association of Toronto Incorporated (SVGAT) began work on two initiatives for the Association:

- (1) Updating the incorporated documents of the SVGAT so that they are in compliance with the current legislation of the Ontario Business Corporation Act, 1990, under which the Association is incorporated, and
- (2) Seeking to become registered as a charitable organization with the Canada Revenue Agency.

The Association recognizes that the demographics and therefore, the needs of the community have changed since the organization came into being in 1970. It is with this view that the Association is seeking to become a charitable organization in order to better serve the SVG community in the Greater Toronto Area.

## 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, and 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, Youths, Adults and seniors
- To maintain a network of communication through information and referral

NAME: .....

ADDRESS: .....

TELEPHONE: ..... E-MAIL: .....

FAMILY MEMBERS: .....

**ORDINARY MEMBERSHIP:** (1) Single individual - \$40.00; (2) Husband & wife or Common-Law Spouses with no children - \$70.00

(3) Family (Husband and Wife/Common Law spouses with minor children) - \$60.00

**YOUTH MEMBERSHIP:** (1) Employed (full-time) \$25.00; (2) Employed (part-time/part-time student) \$20.00; (3) Student (full-time) \$10.00

**MEMBERSHIP** (please tick): Ordinary Seniors \$20.00 (65 years and over) Youths AMOUNT ENCLOSED: \$ ..... ANNUAL MEMBERSHIP DUES

Please make cheques payable to the **ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC.** and mail to: P.O. BOX 392, STATION F, TORONTO, ONTARIO, M4Y 2L8