

# INSIGHT

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

KEEPING OUR COMMUNITY INFORMED THROUGH COMMUNICATION

Quarterly Newsletter

HAPPY NEW YEAR

January 2011

## From the President's Desk

On behalf of the St. Vincent and the Grenadines Association of Toronto Inc., I extend warm greetings and best wishes for the New Year. May God continue to bless and protect us throughout 2011.

As we conclude 2010 we look forward to continued success in 2011. Your continuous support and dedication to the SVGAT is vital to the growth and progress of our community at large.

Our mission statement below serves as a reminder and guide to our success.

*"The St. Vincent and Grenadines Association of Toronto Inc. is a non-profit community based organization committed to providing assistance and support to individuals, groups and institutions in Ontario, St. Vincent and the Grenadines and wherever the Association from time to time 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."*

Overall, the SVGAT was successful in various activities during 2010. Our Annual Mother's Day Brunch was held in May at St. Clement of Ohrid in Scarborough. The Annual Unity Picnic continues to grow as an influx of other Vincentian Nationals and friends from across the border joined in the fun. Our Annual Independence Celebrations included the annual Thanksgiving Church Service, the Annual Banquet and the Educational Community Symposium which was well received by those in attendance. Our Annual Children's Christmas Party held in December was attended by children of Vincentian heritage.

In October 2010 at the Annual Independence Banquet, scholarships were awarded to three well-deserved recipients to help in furthering their educational goals. These scholarships were sponsored by the SVGAT, Western Union and the Hermus S. Liverpool Memorial Scholarship Fund.

During 2010 a Seniors Group was established and was able to organize a very exciting trip to Uncle Tom's Cabin in September. Interested parties are encouraged to contact any executive member should they want to become a member of this very vibrant group and be assured that those already on our list will be contacted by our 2011 committee.

The SVGAT continues to contribute in assisting two primary school students in SVG through the Adopt-a-Child Program. Members are urged to continue to support this very important program.

The Christmas Hamper Project was again a success in 2010 where eight families received Hampers

Many thanks to all those who volunteered, made donations, and supported the activities of the SVGAT in 2010. We ask for your continued commitment and support in meeting our mandate and other initiatives as we move forward in 2011.

Serving as your President in this past year gave me an opportunity not only to lead but also enabled me to interacting with the various sister Caribbean organizations, and other groups as we come together to work towards the success of our communities at large.

Respectfully,  
Audrey Lewis, President

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### ADVERTISE YOUR BUSINESS & EVENTS TO SVG NATIONALS IN THE DIASPORA

Our sincere thanks to those who have made contributions to the publication of *INSIGHT* (our quarterly newsletter) and to the upkeep of our website, [www.vincytoronto.com](http://www.vincytoronto.com).

To place your Ad, please email us at:  
[svgatoronto@vincytoronto.com](mailto:svgatoronto@vincytoronto.com) or contact any member of the Executive.

# SVGAT Update

## THE EXECUTIVE

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

**President** – Audrey Lewis; Tel: 416-829-6201

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

**Vice President** – Vacant

**Executive Secretary** - Petra Hutchinson; Tel: 416-652-5207

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

**General Secretary** – Zakiya Hutchinson; Tel: 416-652-5207

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

**Treasurer** – Wendel Cole; Tel: 905-792-1248

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

**Assistant Treasurer** – Cordel Telfer;

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

**Public Relations Officer** – Gideon Exeter – 905-831-1814

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

**Immediate Past President** – Elma Gabriel; 416-282-4557

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

**Nominated Member** - Carmen Parsons;

[cparsons1@sympatico.ca](mailto:cparsons1@sympatico.ca)

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

## Proposed Projects- in 2011

At the beginning of 2010 our executive presented a proposal with each month of the year's agenda which includes some of the activities/initiatives that were planned by the 2009 executive that did not materialize. The 2009 proposed initiatives were a Queen Show; Caribana Dance; Casino Rama Fundraiser with recommendations to include the Youths on our constitution; Effective Leadership Sessions; Complete Federal & Provincial CT23; Celebrate SVG's regatta at Easter; Encourage the use of technology at our General meetings; a Central SVGAT property also a Calypso Competition in keeping our culture alive.

The proposed dates of 2010 events were as follows:-

- **February** – Black History Presentation.
- **March** - National Heroes Day, March 14<sup>th</sup>, 2010
- **April**- Easter, Spring Games, Gospel Fest Month in SVG
- **May** - Mother's Day, May 9, 2010, Walk-a-thon, (or in June)
- **June** - Father's Day, June 20, 2010, Walk-a-thon, (or in May)
- **July** - Canada Day Picnic, July 1<sup>st</sup>, 2010 (Thursday), Unity Picnic, July 17<sup>th</sup>, 2010.
- **August** - Emancipation Day (SVG), August 1<sup>st</sup>, 2010 (Sunday), Breadfruit Festival, August Month
- **September** - Labour Day, September 6<sup>th</sup>, 2010 (Monday), Dance Festival Month in SVG.
- **October** - 30<sup>th</sup> Independence Celebrations, Thanksgiving Church Service, Banquet, Community Discussions/Cultural Symposium.
- **November** - National Tourism Month.
- **December** - Christmas Hampers, Children Christmas Party, Nine Mornings Festival.
- **January** - AGM / Elections.

Although establishing a Seniors Group was not a part of the initial 2010 proposal, a Seniors Group was successfully formed and was active during the year. Unfortunately, the

underlined above initiatives did not materialize in 2010. It is our hope that the 2011 Executive will review the above proposed initiatives and follow through with some of these worthwhile events. One of the main challenges was volunteer participation, although we have vast experiences and knowledge especially amongst past leaders and event supporters. Due to the lack of commitment it has impeded the growth of the association in fulfilling other proposed initiatives other than those that were undertaken in the past.

## **GENERAL MEETINGS**

Meetings are held on the last Sunday of each month with the exception of December. Meetings are usually held at Northwood Community Centre, 15 Clubhouse Court starting at 4:00 p.m. The Annual General Meeting is held on the last Sunday of January each year.

# Youth Corner

## An Introduction To.....

<http://www.cyen.org/documents/cyennews.php>

Welcome to our website. From the time of its genesis in the early 1990s, CYEN has been mobilizing young people from across the wider Caribbean to participate in and advocate on environment and sustainable development critical to the region. The Network has successfully coordinated over twenty regional and international events as well as numerous national events. These have all been focused on engaging and building the capacity of the region's youth to proactively respond to the ever-mounting environmental challenges.

We hope that you can join us in our efforts to ensure that degradation of the Caribbean's environment is kept to a minimum and that the livelihoods of our people, which are so dependent on our natural resources, can be sustained. Management of the environment is not the responsibility of a few but it is the duty of us all and undoubtedly, it is even more vital that young citizens play their part. An ancient American proverb says, "*Treat the Earth well: it was not given to you by your parents, it was loaned to you by your children. We do not inherit the Earth from our Ancestors; we borrow it from our Children.*"

It is our hope that you will continue to visit this website, use our resources, provide us with your feedback (suggestions and comments) as to how we can improve and better meet your needs. Remember, you too can become part of the largest and most active youth environment and sustainable development movement in the Caribbean by joining the CYEN.

Thank you for visiting.

Reginald Burke  
Executive Coordinator

## Youth Corner Cont....

### Youth Gang Exit & Ambassador Leadership Project

*Breaking the Cycle* is all about helping young people avoid getting involved in gangs or getting out of gangs if they are already involved.

Young people who participate in *Breaking the Cycle* are:

- more likely to be successful in school, training and employment
- more likely to resolve conflict non-violently
- more likely to have improved relationships with peers, employers and parents
- more likely to resist using alcohol or other drugs
- more likely to be happier and see a future for themselves
- more likely to make pro-social lifestyle choices
- more likely to leave and remain away from gangs.

The Ambassador Leadership part of *Breaking the Cycle* builds on the leadership potential of youth and involves them in community awareness efforts. Through speaking engagements and development projects, youth reach out to youth to reduce the risk of gang involvement and develop a positive image of youth in the community.

The project was developed by CTI. Over the years, funding has come from the City of Toronto, Human Resources and Skill Development Canada, and the National Crime Prevention Centre.

To find out more about *Breaking the Cycle*, the perspectives of the youth involved, and insights into the issues they face, please explore the site.

<http://www.cantraining.org/BTC/btc.php>

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

Keep updated with what is happening in the SVG Ontario Community

### Interesting Facts about St. Vincent and the Grenadines

- St. Vincent and the Grenadines were first visited by the famous explorer Christopher Columbus in 1498.
- The first to colonize St. Vincent and the Grenadines were the French who came to the islands in 1719.
- In 1763, St. Vincent and the Grenadines were handed over to the British only to be returned to French rule in 1779.
- The administration of St. Vincent and the Grenadines changed hands once more in 1783 when the Treaty of Versailles handed over St. Vincent and the Grenadines over to the British.
- The labourers brought in to serve on the plantations were brought in from Africa in the form of slaves who married

among the local population to give birth to the Black Caribs.

- Friction between the British and the Black Caribs finally led to the revolt of 1795, which was led by Joseph Chatoyer, which resulted in the deportation of 5,000 Black Carib slaves to Balliceaux and later to Bequia.
- In 1797 they were stripped out of their homeland and taken to an island off the coast of Honduras.
- Slavery was officially abolished in 1834 and led to the entry of Portuguese immigrating to the Grenadines to fill up the shortage of labour.
- St. Vincent and the Grenadines was initially a part of the Federation of the West Indies from 1960 to 1962.
- When the federation failed, St. Vincent and the Grenadines became independent. Autonomy was granted to St. Vincent and the Grenadines in 1969.
- St. Vincent and the Grenadines became officially independent on October 27, 1979 and adopted their constitution on the same day while choosing to follow a democratic form of government.
- The present economy of St. Vincent and the Grenadines depends heavily on tourism and agriculture with banana plantations accounting for nearly 50% of the exports. The same plantations also employ approximately 60% of the workforce.
- The tourism industry has won St. Vincent and the Grenadines the Best Sailing & Yachting Island of The Year award for the year 2009.
- Two of the popular local drinks found in St. Vincent and the Grenadines are Hairoun beer and Sunset rum.
- Hairoun is actually the original Amerindian name of St. Vincent and means 'Land of the Blessed'.
- St. Vincent and the Grenadines is very popular for being a weddings and honeymoon paradise and has won the Best Honeymoon Island of The Year presented by Caribbean Travel World Awards in 2007 and again in 2008.
- The capital city of Kingstown is known to have at least 400 arches and is also referred to as the city of arches.
- The King's Hill Reserve is considered as one of the oldest Forest Reserves in the west and established all the way back in 1791.
- All three parts of the movie 'The Pirates of the Caribbean' were shot in St. Vincent and the Grenadines.

### "Black History Month - February"



***This is a time to commemorate the memories of our great pioneers and role models who have left their legacy for us to follow. Remember to participate in the many community programs offered during this time.***

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### Conscious Vibes

Mondays : 4:00 a.m. to 7:00 a.m.  
(Jim Lewis and Kevin Padmore)

### News

Tuesdays: 5:00 p.m. to 6:00 p.m.

### Urban Griots

Every 2<sup>nd</sup> and 4<sup>th</sup> Sundays: 3:00 a.m. to 7:00 a.m.

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## 2011 Independence Anniversary Celebrations

Mark Your Calendars Early

*Sunday, October 23 - Thanksgiving Church Service*

*Saturday, October 29 - Anniversary Banquet*

*Sunday, October 30 - Educational Symposium*

**ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.  
TENTATIVE 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	Monthly General Meeting	Northwood Community Centre
Sunday, May 11	Annual Mothers' Day Dinner	TBA
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)

**Link to the official website of the SVG International Airport Development**

<http://www.svgiadc.com/>

**WELCOME TO OUR WEBSITE**

Welcome to the official website of the International Airport Development Company Limited (IADC). The IADC is a private limited liability company wholly owned by the Government of St. Vincent and the Grenadines. It was incorporated under the Companies Act of St Vincent and the Grenadines. The company's mandate is to arrange for the financing and construction of the Argyle International Airport, and thereafter to manage it effectively and efficiently.

Work on the Argyle International Airport began shortly after the Honourable Prime Minister Ralph E. Gonsalves' historic speech on 8th August 2005. In that speech, the Prime Minister sets out the government's commitment to the airport project and how the project is to be financed.

On this site, you will find technical reports, articles, progress reports, pictures and other pertinent information on the airport project. We invite you to make this the medium through which you get accurate and up to date information on the project. We would love to hear from you. Visit [http://www.svgiadc.com/Contact\\_us.asp](http://www.svgiadc.com/Contact_us.asp) to send your feedback. Again, welcome to the IADC.

**SPONSOR AND SUPPORT A CHILD IN  
YOUR HOMELAND.**

**LET 2011  
BE THE YEAR OF ASSISTING A CHILD**

**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.*

# Contributed Article

## This is What I Wished I knew about Diabetes

By Elma Ash Morgan

Food and Nutrition, Family and Consumer Studies

Bachelor of General Management

### Q: What is diabetes?

A: Diabetes is a disease, in which the body makes insufficient amounts of the hormone insulin that is required to meet its need. Insulin is needed by the tissues take up the glucose from the cells to be used as fuel. It is needed to store this extra glucose and fat for later use. Having diabetes means that your blood glucose, often called blood sugar, is too high. Your blood always has some glucose in it, because your body needs glucose for energy to keep it healthy but too much glucose in the blood is not good for your health. Depending on the stage and type of diabetes, it is better first to try to control diabetes with changes in diet, behaviour, life style and exercises or increased physical activities. Having diabetes is taxing and it could cause a range of negative emotions, but with determination, good health can be accomplished with changes in lifestyle, healthy balanced diet, exercise, some oral medication and/or insulin.

Diabetes is a disorder of the body's metabolism, the process of converting the food we eat into energy. Insulin is the major factor in this process, which begins when food is broken down during digestion to create glucose, the main source of fuel for the body. This glucose passes into the bloodstream, where insulin, a hormone secreted by the pancreas (a large gland behind the stomach), allows it to get into the cells.

In people with diabetes, one of two parts of this system fails to work properly:

The pancreas produces little or no insulin (type 1); or the body's cells do not respond to the insulin that is produced and cannot efficiently and effectively use it (type 2 diabetes).

### Types of diabetes

There are two major types of diabetes. Type 1 or insulin-dependent diabetes, or juvenile diabetes is sometimes referred to as juvenile diabetes because it most often begins in childhood (although it may also occur in adults). Because the body does not produce insulin, people with type 1 diabetes must take insulin shots to live. Less than 20% of people who have diabetes will have type 1 diabetes.

In type 2 diabetes, also referred to as adult-onset-diabetes, the body may make insulin, but it makes too little, or it cannot effectively use what it makes. The insulin is present in your system, but it cannot escort the glucose through the entrances to the cells to unlock the cells. Most often, type 2 diabetes occurs most commonly in people over age forty, however, the incidences of adult onset diabetes is rising significantly in younger children and adolescents, because of the growing numbers of people who are overweight and/or obese. In the same way the numbers of adults testing for

type1 diabetes is rising, though not as significantly as the numbers for type 2 diabetes in the young.

The other types of diabetes, gestational diabetes occurs around the 24<sup>th</sup> week of pregnancy when some women record higher levels of blood glucose and have to be treated for this condition, until the birth of the baby. Most often, the condition subsides after the birth of the child. However, some women continue to have diabetes that have to be treated and most often, they will have diabetes within 10 years.

Secondary diabetes is a condition that develops because of the use of certain types of prescribed medications, the removal of the pancreas, some other surgical procedures and environmental factors. Secondary diabetes can result from trauma, virus or hormonal such as medications to control the thyroid, which lead to the development of type 2 diabetes, and from immune system suppression and dysfunction.

### Q: How would a person know if he/she has type 2 diabetes?

A: Type 2 diabetes is a multifaceted disease that is manifested by hyperglycemia, which results from several dysregulated chemical and biologic mechanisms. The most critical pathophysiologic factors are insulin resistance, impaired insulin secretion, and increased glucose production. Most patients with type 2 diabetes have insulin resistance, which has both genetic and environmental influences. Insulin resistance is often present for years before hyperglycemia develops and is the best indicator of which patients are at the greatest risk for diabetes

### Q: What can you do to reduce risk of complications with diabetes?

A: People of any age can have diabetes and most of them are not aware of it. Diabetes is a hereditary disease that is caused by the inappropriate use of insulin by the body, but is also possible because of inborn errors of metabolism. Most people with a family history of diabetes get diabetes and will have a predisposition to its complications. Diabetes is common in older people, the overweight, obese, all classes, community and races. Diabetes, when not controlled can cause debilitating effects to the individual reducing mortality, causing reduced quality of life and serious impairment. Keeping diabetes under control will require a lot of work. It means changing behaviour and lifestyle, eating healthy meals, at regular times, in moderate portions, and indulging in physical activities. Monitoring glucose is a basic management tool and taking medications regularly as is prescribed by the doctor will help to prevent further complication.

Diabetes is a chronic condition that has been increasing globally. Type 1 or juvenile diabetes accounts for 5% to 15% of the present diabetic cases and the onset of primary childhood or adolescent diabetes. There is a type of diabetes (MODY) mature onset diabetes in the young, which is a subtype of type2 diabetes that is being diagnosed in young

children and adolescents who are overweight and/or obese. Type 2 diabetes ranges from 85% to 90% of the cases and result in the onset of diabetes, which typically occurs after the age of 40 years. However, this could happen at an earlier or later age. To prevent this type of diabetes, early blood sugar testing should be done after age 35 years or before, if there is a history of hereditary diabetes, or if there are two or more diabetes risk factors present. The symptoms for type 2 diabetes, (adult onset) are the same, however, most cases of type 2 diabetes results with insulin resistance caused by cases of overweight and obesity.

**Q: Does eating sugary foods cause diabetes?**

A: Sugar definitely does not cause diabetes. Diabetes, for the most part is generally hereditary by nature. It seems that there have to be genetic tendencies and a predisposition for the disease. Eating sugary foods does cause blood glucose to become elevated, because of the glycemic index in these foods. It also depends on how much like anything else that you eat.

**Q: What happens when you eat carbohydrates?**

A: When you eat, the food (carbohydrates) is digested and then it is broken down into glucose. Glucose, otherwise known as blood sugar, is the simple sugar that is the body's main source of energy. After you eat, carbohydrates are broken down into glucose and are absorbed from the small intestines into the bloodstream. The pancreas then secretes insulin in response to the increase in blood sugar. Most cells of the body have insulin receptors, which bind the insulin to the cell. When a cell has insulin attached to it, the cell then is able to activate the other receptors. These receptors are designed to absorb glucose from the blood stream and move the glucose into the inside of the cell for energy. Without insulin, the cells in our bodies would not be able to process the glucose and therefore have no energy for movement, growth, repair, or other functions. Insulin is key to unlocking the door of the cell the glucose to be transferred from the bloodstream into the cell. Ordinarily, when glucose enters the blood, the pancreas automatically produces the right amount of insulin to move glucose into our cells. However,

**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.

in the case of diabetes, this to allow production is interrupted.

**Q: Normal and high blood sugar levels.**

A: If you have diabetes, you are most likely to die from heart disease. Keeping blood sugar in a normal range is very important to having healthy blood vessels. Normal and high blood sugar are defined as:

Normal blood glucose levels are 70mg/dL to 100mg/dL (4mmol/L-6mmol/L)

Normal fasting blood sugar: 100 mg/dL or less (6mmol/L)

Impaired fasting blood sugar (prediabetes): 100-125 mg/dL (6-7mmol/L)

Diabetes: fasting blood sugar >125 or more (7mmol/L)

**Q: What should my blood glucose levels be?**

A: If you suspect that you have diabetes, the next step will be to ask the doctor to send you to have the fasting levels of blood glucose tolerance done. Normal blood glucose levels are at 70mg/dL to 100mg/dL. People who have fasting-plasma blood glucose in the 100-mg/dl -125 mg/dl range are defined as having impaired fasting glucose. If your doctor gives you an oral glucose tolerance test, and at two-hours your blood glucose is 140mg/dl -199 mg/dl, you have impaired glucose tolerance. Any test done at any time of the day where the blood glucose level is *over* 200mg/dL is diagnosed being diabetic. Blood glucose levels that measure less than 70mg/dL can be serious. When it gets to 50mg/dL can present dangerous hypoglycemia and can result in a diabetic coma. You are pre-diabetic if your blood glucose levels are 100mg/dL to 125mg/dL. You are diabetic if your fasting blood glucose levels are above 126mg/dL.

*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](http://www.vincytoronto.com) where there will be more of this article. Ms Ash Morgan can be reached at. [elmorgan46@hotmail.com](mailto:elmorgan46@hotmail.com)*

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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 each year.*

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



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High Commissioner

His Excellency Mr. Brendon C. Browne

# NEWS FROM SVG

(Courtesy of SVG Government Website)

## THE MAKE UP OF THE NEW GOVERNMENT

At the general elections held on December 13, 2010, the incumbent Unity Labour Party won 8 seats to the NDP's 7 seats to hold on to governing St. Vincent and the Grenadines for another 5 year term.

Following the elections Prime Minister Dr. Ralph Gonsalves named his Cabinet. Cabinet is the decision-making body for Government. It meets every week, or as necessary, to make policy decisions based on submissions from the various ministries. It also serves as a forum where each minister gives an update on his/her ministry. So everyone is aware of what is happening in the entire government to be able to represent it well.

### Special Committees

In carrying out its functions, Cabinet can appoint different committees to deal with specific issues. These committees are formed as deemed necessary to give advice to Cabinet to assist it in making proper decisions. The committees are dissolved after their missions have been accomplished.

The Cabinet consists of:

**Hon. Dr. Ralph Gonsalves** – Parliamentary Representative of North Central Windward  
Prime Minister, Ministry of Finance, National Security, Grenadines Affairs and Legal Affairs.

**Hon. Girlyn Miguel** – Parliamentary Representative of Marriagua  
Deputy Prime Minister & Minister of Education

**Hon. Clayton Burgin** – Parliamentary Representative of East St. George  
Minister of Housing, Informal Human Settlements, Physical Planning and Land & Surveys

**Hon. Montgomery Daniel** – Parliamentary Representative of North Windward  
Minister of Agriculture, Forestry, Fisheries & Rural Transformation

**Hon. Saboto Caesar** – Parliamentary Representative of South Central Windward  
Minister of Tourism & Industry

**Hon. Maxwell Charles** – Parliamentary Representative of Central Leeward  
Minister of National Reconciliation, the Public Service, Labour, Information & Ecclesiastical Affairs

**Hon. Cecil McKie** – Parliamentary Representative of  
Ministry of Health, Wellness and the Environment

**Hon. Frederick Stephenson** – Parliamentary Representative of  
Minister of National Mobilization, Social Development,

the Family, Persons with Disabilities, Youth, Sports & Culture

**Hon. Dr. Douglas Slater** – Government Appointed Senator  
Minister of Foreign Affairs, Trade & Consumer Affairs

**Hon. Julian Francis** – Government Appointed Senator  
Minister of Transport, Work, Urban Development and Local Government

Other appointments made by Prime Minister Gonsalves include:

**Mrs. Judith Jones-Morgan** - Attorney General

**Mr. Hendrick Alexander** – Speaker of the House

**Mr. David Browne** - Senator & Deputy Speaker of the House

**Dr. Jerrol Thompson** – Director of Special Projects in the Office of the Prime Minister

**Mr. Edwin Snagg** – Director in the Directorate of Grenadines Affairs

**Mr. Herman Belmar** – Deputy Director in the Directorate of Grenadines Affairs

## Opposition Party Members

The National Democratic Party (NDP), the Opposition Party which won the remaining 7 seats is headed by Hon. Arnhim Eustace. Those elected as Members of Parliament include:

**Hon. Arnhim Eustace** –  
Parliamentary Representative of East Kingstown

**Hon. Dr. Godwin Friday** –  
Parliamentary Representative of the Northern Grenadines

**Hon. Terrence Ollivierre** –  
Parliamentary Representative of the Southern Grenadines

**Hon. St. Clair Leacock** –  
Parliamentary Representative of Central Kingstown

**Hon. Daniel Cummings** –  
Parliamentary Representative of West Kingstown

**Hon. Patel Matthews** –  
Parliamentary Representative of North Leeward

**Hon. Nigel Stephenson** –  
Parliamentary Representative of South Leeward

**Hon. Vynnette Fredericks** - Senator

**Hon. Anesia Baptiste** - Senator

## *PM GONSALVES SAYS MORE ACTION NEEDED ON BRITISH AMERICAN ISSUE*

Prime Minister Dr. Ralph Gonsalves says he would like to see more action taken by the Government of Trinidad and Tobago to bring a solution to the British American issue.

In response to a question at a News Conference this week, Dr. Gonsalves said he accepts the country's position that they have a commitment to regionalism, and to deepening the integration movement.

But he said greater efforts must be made to deal with the circumstances that lead to the financial problems at British American and CLICO, as well as other regional matters.

## SVG Inviting Foreign Investment

St. Vincent and the Grenadines is rapidly becoming a leading location for foreign investment. The sheer natural beauty of the chain of volcanic islands between the Florida Keys and the South American Mainland, the friendly productive and well-educated workforce and an economy that has been resilient to several local natural disasters are among the advantages to be enjoyed. Among the wealth of incentives are:

- Complete or partial exemption from income tax on profits
- Significant Tax holidays
- Import tax concessions on raw materials, machinery, equipment and spare parts
- Freedom to repatriate funds
- A low-cost operating centre – low fee structure
- Lifting of ban on foreigners holding trust company licences
- An unhindered and stable foreign exchange regime
- Excellent Telecommunications
- Stable labour relations
- An independent and efficient judiciary system
- A tradition of support for foreign private investment
- A tradition of support for foreign private investment. Mustique and Canouan being fine examples.

St. Vincent and the Grenadines boasts perhaps the most modern IBC, Trust and Banking Act since 1996.

## FEATURING UNESCO

The United Nations Educational, Scientific and Cultural Organization (UNESCO) has 193 Member States and seven Associate Member States. It is governed by the General Conference and the Executive Board. The Secretariat, headed by the Director-General, implements the decisions of these two bodies.

UNESCO's mission is to contribute to the building of peace, the eradication of poverty, sustainable development and intercultural dialogue through education, the sciences, culture, communication and information. The General Conference establishes the Organization's goals and priorities every two years and sets the budget. The Executive Board meets twice a year to follow programme implementation.

UNESCO works to create the conditions for dialogue among civilizations, cultures and peoples, based upon respect for commonly shared values. It is through this dialogue that the world can achieve global visions of sustainable development encompassing observance of human rights, mutual respect and the alleviation of poverty, all of which are at the heart of UNESCO'S mission and activities.

The broad goals and concrete objectives of the international community – as set out in the internationally agreed

development goals, including the Millennium Development Goals (MDGs) – underpin all UNESCO's strategies and activities. Thus UNESCO's unique competencies in education, the sciences, culture and communication and information contribute towards the realization of those goals.

*UNESCO contributes to peace and human development in an era of globalization by furthering international cooperation through its programmes in education, sciences, culture and communication. With its 193 Member States and 7 Associate Members, UNESCO has its Headquarters in Paris (France) and operates globally through a network of more than 50 offices and several institutes around the world.*

UNESCO cooperates with Intergovernmental Organizations, in particular the United Nations and its organizations and other related bodies to ensure each goal in its five field of competence is achieved.



AGENTS IN ST. VINCENT AND THE GRENADINES

[BARROUALLIE COOPERATIVE CREDIT](#)

Slater Street, Barrouallie,

Tel: 784-458-7943

[MARRIAQUA COOPERATIVE CREDIT UNION](#)

Mesopotamia Post Office, Mesopotamia,

Tel: 784-458-5269

[KP COMMUNICATIONS INC](#)

Cnr. of Grenville & Melville Sts, Kingstown

Tel: 784-456-1622

[K P COMMUNICATIONS](#)

Granby Street, Kingstown

Tel: 784-457-1690

[KP COMMUNICATION INC](#)

Po Box 2745, Calliaqua

Tel: 784-457-4025

[GENERAL EMPLOYEES COOP CREDIT](#)

Commercial Road, Georgetown

Tel: 754-458-6476

[GENERAL EMPLOYEES COOP CREDIT](#)

Clifton, Union Island

Tel: 784-485-8214

[GECCU](#)

Port Elizabeth, Bequia

Tel: 784-458-3535

## IMMIGRATION MATTERS

### ADHERING TO IMMIGRATION DEADLINES

Contributed by: Sandra Sutherland, CCIC

Citizenship and Immigration Canada (CIC) and overseas Visa Offices frequently send correspondences to sponsors and applicants requesting additional information/documentation. These correspondences impose a deadline by which a reply should be received by them. Most deadlines are explicitly expressed as either 30, 60, or

90 days from the date of the letter or from the date the letter was received. Note that the days are to be considered as regular days and not business days. If more time is needed to provide the information/documentation, an extension, inclusive of an explanation as to why the extension is needed and how much time is required, may be requested.

It is critical that all deadlines stipulated by immigration offices are adhered to. This helps to ensure the smooth and timely processing of the application and provides the sponsor or applicant with an opportunity to supply immigration officials with sufficient information/documentation that could help the official to duly understand the case and hopefully render a positive decision. Failure to adhere to deadlines usually carry negative consequences. Sometimes it could result in the premature closure of the file due to deemed abandonment of the case, the risk of the applicant being subjected to an interview process, or the risk of having the application decisioned based on the current information on file.

Regardless of whether communications have been received by the sponsor, the applicant, or an authorized representative, the contents and prescribed deadlines remain in effect with the imposition of any of the above noted consequences. It is important that sponsors and applicants ensure that their contact information on file at the immigration office is accurate.

Cases with the Immigration Appeal Division (IAD) or the Immigration and Refugee Board (IRB) also have prescribed timelines that must be adhered to. Sponsors and Permanent residents who wish to appeal a negative decision must notify the IAD of their intent within 30 days from the date the letter of refusal is received; otherwise they may lose their ability to appeal. Refugee claimants must submit their Personal Information Form (PIF) to the IRB within 28 days of having received it, otherwise they may be deemed to have abandoned their claim and removal proceedings will likely be initiated.

Other cases may relate to the expiration of certain documents concerning periods of authorized stay, study, or work in Canada. Time constraints are imposed upon permanent residents in maintaining their residency obligations. These expiry dates and time constraints are to be taken seriously and, if breached may result in inadmissibility issues and subsequent removal proceedings.

Some items, such as medicals, police certificates, results of English tests (i.e: IELTS), etc. also carry an implicit expiration date of one year. Immigration officials usually notify applicants of these types of limitations and may request further action accordingly.

It is imperative that individuals duly adhere to imposed deadlines and time constraints. It is also important that if a representative has been retained, that he or she be duly informed of any letters the client receives that needs to be responded to so that the client may be properly guided in

complying with requests and in providing adequate information/documentation in due time.

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

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**Sandra Sutherland, CCIC**  
Immigration Law Practitioner (Honours Certification)  
Commissioner of Oaths & Member of CSIC

*1941 Weston Road, Suite 207  
Toronto, Ontario, M9N 1W8  
and*

*2175 Sheppard Ave. E, Suite 224  
Toronto, Ontario, M2J 1W8*

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

Email: [ssutherland@suthernimmigration.com](mailto:ssutherland@suthernimmigration.com)

## **ST. VINCENT AND THE GRENADINES TOURISM OFFICES**

### **Saint Vincent - Head Office**

Cruise Ship Terminal, P.O. Box 834, Kingstown,  
St. Vincent and the Grenadines

Tel: (784) 457-1502 • Fax: (784) 451-2425

E-mail: [tourism@caribsurf.com](mailto:tourism@caribsurf.com)

### **Canada**

#### **Consulate of St. Vincent and the Grenadines**

333 Wilson Avenue, Suite 601,  
Toronto, Ontario, M3H 1T2, Canada

Tel: (416) 398-4277 • Fax: (416) 398-4199

Email: [svgtourismtoronto@rogers.com](mailto:svgtourismtoronto@rogers.com)

### **United States**

#### **St. Vincent & The Grenadines Tourist Office**

801 2nd Avenue, 21st floor, New York, N.Y. 10017, U.S.A.

Tel: (212) 687-4981 or (800) 729-1726

Fax: (212) 949-5946

E-mail: [svgtony@aol.com](mailto:svgtony@aol.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:*

**THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC.**  
**P.O. BOX 392, STATION F, TORONTO, ONTARIO, M4Y 2L8**  
**Website: [www.vincytoronto.com](http://www.vincytoronto.com) email: [svgatoronto@vincytoronto.com](mailto:svgatoronto@vincytoronto.com)**