



Quarterly Newsletter

KEEPING OUR COMMUNITY INFORMED

PRESIDENT'S MESSAGE

Ladies and Gentlemen, it was indeed an honour to serve as President of the St. Vincent and Grenadines Association of Toronto, Inc. for the year 2012. I am pleased to report on the activities of the organization for the past year. The Executive comprised of Marcia Farrell – President, Prudence Morton – Vice President, Garnet Samuel Harry – Executive Secretary, Petra Ryan-Phillips – General Secretary, Claudius Samuel – Treasurer, Kinda Edwards-Keizer – Assistant Treasurer, and Cornetta Mason – Public Relations Officer.

We actively pursued the planning and executing of the 2012 Calendar of Events. We received valuable contribution from members of the Past President Council. Special mention must be made of the work done by Cordel Telfer, Fred Williams, Gideon Exeter, Glendon Carmicheal, Jason Jones, Kenneth Farrell and Monty Providence. The Association benefited tremendously because of your contributions and for that, the Executive thank you.

The Association added four New Initiatives to the 2012 Calendar of Events: (1) Membership Appreciation, (2) Toronto Public Health - Prevent Diabetes...one step at a time workshop, (3) Toronto Central LHIN and WoodGreen Community Services for Senior's Community Outreach to Vulnerable Seniors in our community. (4) Embarked on the road towards obtaining charitable status.

Marcia Farrell, President

Calendar of Events

March 2013

Vincetian Heritage Month

March 24, 2013

Monthly General Meeting

April 28, 2013

Monthly General Meeting

May 12, 2013

Mother's Day Brunch

May 26, 2013

Monthly General Meeting

June 30, 2013

Monthly General Meeting

July 20, 2013

Vincy Unity Picnic, Thousand Islands, Ontario, Canada

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IMPORTANT NOTICE

Please note that as of May 1, 2013, annual membership dues will increase from \$20.00 to \$40.00.

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CONSTITUTIONAL AMENDMENT

The process to amend the Constitution of the Association began in 2004, and was completed in May 2012. It was an arduous task which sometimes felt like we were going nowhere fast. However, our dedicated members ensured that each successive executive stuck to the task. At the end of the review process, the finished document given to the Executive Committee to find a lawyer to review the document and to ensure that it was in compliance with the *Ontario Business Corporation Act 1990*. In addition, the Executive Committee decided to seek advise on the possibility of acquiring charitable status. Rhonda Metelsky Barrister, Solicitor and Notary Public from the firm of Metelsky Plourde LLP agreed to review the document pro bono.

CONTRIBUTE FINANCIALLY TO THE ASSOCIATION THIS YEAR!

Your generous donation will assist the Association meet its objectives to assist and support individuals and groups in Ontario and St. Vincent and the Grenadines. All of our programs depend on you. Support our Scholarship Fund, the Adopt-A-Child Program, Children's Christmas Party and the Annual Christmas Hamper Outreach Program to those less fortunate at Christmas.

ASSOCIATION NEWS - 2012 IN REVIEW

The Association must continue to appreciate the work of its volunteers. Had it not been for their valuable contributions throughout the year, we would not have been able to successfully complete 2012 Calendar of Events. Volunteers positively affect the culture of our organization. There are so many evidence around which demonstrate their contributions, sacrificial hours and monetary donations given to this association to move it forward. As a result, we paused on August 26, 2012, and recognized our members and dedicated volunteers by presenting to them something tangible in the form of plaques and certificates of appreciation for Outstanding Community Service to this Association and the Greater Toronto Area.

The association was able to assist financially, Ms. Rosanne Lewis from St. Vincent,

whose 2-1/2 year old daughter was being treated for Leukemia at Toronto's Hospital for Sick. During her daughter's stay at the hospital, Ms. Lewis stayed at Ronald MacDonald House in Toronto. There is a lot more our Association can do to assist individuals and families in our community. For us to do so effectively, we need to be strategic and implement plans to decrease monotonous responsibilities, and unproductive squabbling. We have to provide a platform for every member in the organization to get involved, share ideas and map out a process to rise to the top. The organization need to attract young, vibrant forward thinking individuals to be able to realize its full potential.

With that in mind, our major task within the organization is to get more people involved, through the agent of change. Change in

the way we function and focus, to direct the different talents where it is needed. For example, advertise multiple volunteer positions geared to foster teamwork, planned community outreach projects and other social forms of activities, this would allow us to formalize and capitalize talents, making us less dependent on one person. It is a generalized belief that people are afraid of change in the organization, change that we cannot predict, seems more likely to succeed. Nevertheless, we advocate for change, change from an organization with a non-charitable status to an organization with a charitable status, to increase the association's community development presence and to provide more assistance in the Greater Toronto Area.

2013 ELECTION OF BOARD OF DIRECTORS

In our quest to operate in compliance with the *Ontario Business Corporation Act 1990*, our members elected a 9-member board of directors at the Annual General Meeting held on January 27, 2013. The elected members are: Marcia Farrell, Prudence Morton, Garnet Samuel Harry, Claudius Samuel, Kinda Edwards-Keizer, Bernadette Ryan-Phillips, Cornetta Mason, Francelia George and Monty Providence.

Subsequent to the elections at the Annual General meeting, the board members met on February 03, 2013, in Ajax, ON and elected a president and a secretary from amongst themselves. From that meeting, Marcia Farrell was elected president and Prudence Morton was elected secretary.

For the first time in the organization's history, there is a Board of Directors which is separate from the Executive Committee. The Board of Directors will govern the organization and implement long term plans while the Executive Committee will continue to be responsible for the day to day running of the organization. As it stands, not all board members sit on the Executive Committee.

We encourage all of our members to be a part of this transitioning period by attending meetings regularly and share your views and concerns in an open forum.

Our next meeting where you will have an opportunity to cast your vote on our new By-laws is March 24, 2013.

IMMIGRATION MATTERS:

CHANGES AFFECTING SPONSORSHIP

Contributed by: Sandra Sutherland, RCIC

CONDITIONAL PERMANENT RESIDENT VISA:

As of October 25, 2012, permanent resident applicants who have been in a marital, common-law or conjugal relationship for two years or less and have no children with their sponsor will only be given conditional permanent resident status for the first two years. Full permanent resident status will only be granted to applicants after the applicant and their sponsor have been living together in a conjugal relationship for two years after the day on which they became a permanent resident.

If immigration officials has reason to believe that a conjugal relationship does not exist between the applicant and his/her sponsor, an investigation may ensue. Random assessments are also planned to see if applicants and sponsors are in compliance of the two-year condition. If immigration officials finds that the applicant and sponsor are not together during those first two years, the applicant could lose their permanent resident status and be removed from Canada.

The two year condition will cease to apply if the sponsor dies during the two-year conditional period, provided that it is deemed that the couple remained in a genuine relationship until the sponsor's death. In cases where abuse or neglect is evident, the two-year condition shall also cease.

There is no difference between having conditional permanent residence versus normal permanent residence except for the two-year condition.

FIVE YEAR SPONSORSHIP BAR:

Restrictions are in place to prevent all Canadian citizens and permanent residents who were sponsored here by a spouse, common law or conjugal partner from, in turn, sponsoring another spouse until the sponsor has been a permanent resident for at least five years from the date he became a permanent resident.

If the applicant's spouse dies he/she cannot sponsor another spouse, common-law or conjugal partner for another five years. In cases involving abuse, the abused cannot divorce and sponsor a new partner for five years. After the five year period has elapsed, a new spouse, common-law partner or conjugal partner may then be sponsored.

CRIMINALITY BAR: Sponsors convicted of an offence of a sexual nature, or an attempt or a threat to commit such an offence against any person are barred from

sponsoring anyone. Sponsors convicted of an indictable offence involving the use of violence and punishable by a maximum term of imprisonment of at least 10 years, or an attempt to commit such an offence, against any person are also barred from sponsorship.

Convictions relating to an offence that results in bodily harm or an attempt or a threat to commit such an offence against a current or former relative of the sponsor, the sponsor's spouse, common-law or conjugal partner, or other current or former family member of the sponsor's spouse, common-law or conjugal partner renders sponsors as ineligible to sponsor.

Exceptions may apply depending on the nature of the conviction, whether the conviction occurred in Canada, how long ago the conviction occurred, and whether a pardon was granted.

Prior to contemplating to sponsoring a family member, sponsors should ensure that these bars and any other eligibility criteria render them as being ineligible to sponsor rather than submitting an application to sponsor and having it rejected.

Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) with the new regulatory and governing body of immigration consultants, the Immigration Consultants of Canada Regulatory Council (ICCRC). She can be reached at (416) 431-2829 or via e-mail at ssutherland@suthernimmigration.com. View her advertisement in this copy of the *Insight* for more information.

**Contact Info:**

Mr. Alston Davy

(905) 887-9561

cofm@rogers.com

Mr. Alston Davy, a Minister at Large with the Christian Missionary Alliance Canada, is founder and President of the Christian Outreach Ministries, a ministry that provides consultation services to churches on an individual and corporate level. Prior to taking on the leadership role of the Ministry, Mr. Davy was an Elementary School Vice-Principal with the Toronto District School Board; a teacher and an Instructor at Seneca College. He conducts marriage enrichment seminars and does itinerant preaching within the GTA. He holds a M. Ed. in Applied Psychology; a combined B.A. Hon. in Psychology and Sociology; and a Specialist Certificate in Special Education. He is currently pursuing a M. Div. on a part time basis at Tyndale Seminary. Mr. Davy is available to carry out the following services for members of the SVGA community in Toronto: ***spiritual counselling, marriages, baby dedication and funerals.***

Let Your Dreams Become Reality



BB136 Harmony Hall, 13,628 sq.ft, \$258,932.00



BB122 Prospect, 17,117 sq.ft, ECD\$427,925.00



BB126 Calder, Cocoa Rd., 15,994 sq.ft, ECD\$85,000.00



BB135 Rivulet, 11,443 sq.ft, @ \$8.50 p.s.f ECD\$97,265.50



BB701 Chester Cottage, 11,030 sq.ft, ECD\$66,000.00



BB151 Union Island, 43,560 sq.ft, ECD\$152,460.00



BB270 Fountain, 8,579 sq.ft, ECD\$72,000.00



H802 Arnos Vale, 3 bed 3 bath, 4,862 sq.ft, ECD\$490,000.00



BB306 Union Island The Valley



BB903 Union Island Richmond Union Is, 1 ac 3 rod, 12 p, Open to offers



BB325 Union Island, 96,200 sq.ft, ECD\$721,500.00



BB326 Rose Hall, Dember Grounds, 5 acs, ECD\$50,000.00



BB327 Carapan, 8,156 sq.ft, ECD\$81,560.00



BB900 Calder 43,560 sq.ft @ \$6.00 p.s.f. ECD\$261,360.00



BB503 Union Island, 2,527 sq.ft, ECD\$22,743.00



BB505 New Prospect, Simon, 9,452 sq.ft, ECD\$37,808.00



BB515 Blahou, 14,000 sq.ft ECD\$112,048.00



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H901 Salt Pond Villa Prospect, 25 Ac. Land 4 bed / 3 bath, ECD\$645,000.00

The next **General Meeting of the Association** will take place at Northwood Community Center
Date: Sunday,

March 24, 2013
Time: 5:00 p.m.

Address & Direction:
Northwood Community Centre, 15 Clubhouse Court, (off Arleta between Keele & Jane Streets)

Annual Membership
Dues: \$40.00
Effective May 1, 2013

BECOME A FINANCIAL MEMBER NOW!

The following is an article taken from the Vincentian Newspaper, dated January 11, 2013. The article was written by the Honourable Girlyn Miguel, Minister of Education in SVG. It is being reprinted here as we believe the message is relevant to students, teachers and parents everywhere.

I bring you greetings from the Ministry of Education as the New Year begins and wish that peace, prosperity and success will accompany each student, teacher and their families throughout the year and beyond.

An inspirational quote, which I hope you will always remember and allow to guide you, reads thus: *'It is your road and yours alone, others may walk with you, but no-one can walk it for you.'* This is meant to tell you that your future, success and your destiny depend largely on your own individual efforts, and, to a lesser extent, on the type of support which you receive from your family, friends and teachers.

At this time of economic hardship, as a nation we have to work together to ensure that our country prospers and is able to withstand the shocks being experienced elsewhere. Each person, young or old, has a role to play in making our country resilient and in ensuring its survival.

Principals, your role as administrators and instructional leaders is important, in ensuring that our schools are effective schools, and safe spaces, in which teachers and students conduct the important business of teaching and learning.

Teachers, your role as instructors and guides, is of equal importance in ensuring that our students are equipped with the knowledge, skills and attitudes needed for their personal, cognitive and psychosocial development, if they are to become stable, well-adjusted individuals, who can contribute to the economic survival and productivity of our small island state.

Parents, guardians and caregivers, your role are fundamental in the lives of our nation's youth. It is within the bosom of the family which you create, that the future success or failure - the destiny of the youth - is determined. This is determined by the quality of nurturing and socialization which you provide during the formative years. It is your responsibility to show the youth under your care, how to walk, and to walk with them through their formative years, through their schooling, and even into adulthood; for, as parents and guardians, you are never allowed the privilege of resigning unless you wish to see your children fail. Your role is also to support the schools, so that there is a close and supportive link between the home and the school. That your children's education does not become the sole responsibility of the school, but remains a collaborative effort between these two institutions in your children's lives.

Over the past eleven years, the Ministry of Education has embarked on a number of initiatives, chief among them is the provision of spaces in the secondary school system for each child of secondary school age; this, was done under the umbrella of Universal Access to Secondary Education. Naturally, this initiative cannot bear the fruit which it is intended to bear, unless all of the parties to which I referred above, fully recognize and embrace their respective roles and responsibilities, and dispatch these with the requisite diligence, dedication and compassion.

Continue on page 7

Continue from page 6

Every child can succeed and must be given the opportunities to do so, by those charged with the responsibility of ensuring our children's success. During the course of the past eleven years, teachers and school leaders were able to benefit from opportunities for further education, to ensure that they possessed the training and skills needed to address students' learning and psychosocial needs. Five additional secondary schools were established, and more places were created at the primary level. Additionally, nine government operated Early Childhood Education centres came into being in 2009 in order to increase equality of access to education at this level to an underserved sector of our population. Along with these initiatives, came the establishment of units within the Ministry of Education with the mandate to oversee quality in the provision of Technical and Vocational Education and Training as well as post-

secondary education.

The past year, however, has not been without its tears and trials. We are aware of the fact that many of our students are experiencing difficulties and appear not to have the coping skills needed to surmount these. As a result of this, plans have been set in motion, to strengthen the teaching of Health and Family Life Education in the schools, and to extend counselling services. The support of parents is critical to the success of this venture. We all need to work together to ensure that our students are provided with the care, support and comfort which they need, as they move from one stage of development to another. Educating our students is a collaborative effort.

In closing, I express gratitude for support and cooperation from my colleagues, the staff of the Ministry of Education, all principals, teachers and support staff in our schools and centres of learning.



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Prevent Diabetes...One step at a time



Peer Leaders: L to R – Hulda Defreitas, Kenneth Farrell, Marcia Farrell and Barbara Hewitt

The Association qualified for funding from the Toronto Public Health to provide information on **type 2 diabetes prevention**. In order to provide this information, persons had to attend three days consecutively before one can qualify as a peer leader. The Association submitted eight names but only five people were able to attend the three days workshop from 9:00 am to 4:00pm.

Each peer leader was given resources and various suggested activities to help people in their community enjoy a life that includes healthy eating and physical activity, along with useful information to support their personal decisions to change their lifestyles. After the training completed, peer leaders coordinated a five informational sessions on prevent diabetes on Saturday, January 12, 2013, and Saturday, February 09, 2013, from 10:00 a.m. to 3:00 p.m.

The sessions were well attended. Participants had opportunities to participate during each session and this they did with much enthusiasm through the sharing of personal experiences. The session topic includes: Session 1 - welcome to Prevent Diabetes...One step at a time program; Session 2 - assessing Your Risk for Type 2 Diabetes; Session 3 –

Eating Healthy with Canada Food Guide; Session 4-Planning and Shopping for Healthy Meals...While on a Budget; and Session 5 – Review and Celebration.

Participants were asked to create realistic, specific weekly goals that can be worked on regularly and one that last for a long time, that is, SMART goals.

- **Specific** – your goal should specify just what you want to achieve
- **Measurable** – you should be able to measure whether you are meeting your goal
- **Achievable** – Your goal should be something that you are able to achieve
- **Realistic** – Your goal should be something that you can achieve with the resources that you have
- **Time** – you should decide when you want to achieve the goal

In discussing Healthy Eating Habits, we touched on various food groups, the proper portions with the four food group represented according to Canada Food Guide for a BALANCE DIET. Generally it was a productive 2 days with living by example, healthy snacks and lunches were provided. The participants vowed to change their lifestyles ... One step at a time and to share the materials handed-out with friends and family. It was a productive and enlightening program and we are motivated to continue with this project. *“Take the first step in faith. You don’t have to see the whole staircase, just take the first step” – Martin Luther King, Jr*

We are available to any group who may want our assistance to conduct workshops on **prevent diabetes...One step at a time**. Visit our website at: www.vincytoronto.com for more information.

TORONTO CONSULATE OFFICE

Consulate of St. Vincent and the Grenadines
55 Town Centre Court, Suite 624
Toronto, Ontario, M1P 4X4

Mr. Steve O. Phillips
Consul General

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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 hundreds, even thousands of dollars.

To find out more about the Arbor Alliance Program and the benefits allowed to members please visit www.arboralliances.ca or contact **Gideon Exeter** of Pine Ridge Memorial Gardens by email at gexeter@arbormemorial.com or phone 416-992-4253.

SHARE YOUR ARTICLES IN INSIGHT

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.

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

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*3 p.m. - 7 p.m. ~ St. Peter and Paul Banquet Hall
 231 Milner Ave Entrance (Markham & Milner)*

THANK YOU

The St. Vincent and Grenadines Association of Toronto acknowledges the contributions of those businesses and individuals who support the production of Insight by promoting their businesses and services through advertisement in our newsletter.

Gems of the Antilles Tea with a Difference

Sunday, June 23, 2013

Tickets \$35.00

Contact 905-420-0368 for tickets



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2013 BOARD OF DIRECTORS of SVGAT

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Ms. Petra Ryan-Phillip

Secretary: Ms. Prudence Morton
Ms. Cornetta Mason

Mr. Garnet Samuel Harry
Mr. Claudius Samuel

Ms. Kinda Edwards-Keizer

Mr. Monty Providence

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!

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