

# INSIGHT

St. Vincent & the Grenadines Association of Toronto

Quarterly Newsletter July 2008

## From The President's Desk



Let us give praise and thanks to God for his protection as we head into the summer months. I therefore, trust that we will have a healthy, fun-filled and accident-free summer.

The 2008 Executive Committee is committed to being open, transparent, inclusive and responsive in all of its undertakings. For this reason we asked the Education Committee to facilitate a plenary session at our April membership meeting. Members seized the opportunity and participated in a meaningful and active discussion. Many ideas and suggestions were presented as we continue to shape the business functions, and activities of this organization for the foreseeable future.

We thank the Mothers' Day Organizing Committee for hosting such an enjoyable event. Working together as a team helps to produce great results. Special thanks also to those companies and individuals who assisted in one way or the other.

Our Unity Picnic Coordinator is busy planning for our annual picnic on July 19, 2008 at 1000 Islands and we are expecting another large crowd this year. We have reserved a number of buses and we are encouraging you to get your tickets early.

As we move into the next few months we will be focussing on the Independence Anniversary celebrations. As part of this year's celebrations we are planning a flag raising ceremony at Toronto City Hall. We encourage you to make early arrangements to attend this event. Further details and exact date and time will be communicated at a later date.

We again invite applications from eligible students for two bursaries of \$1,000.00 each, courtesy of the Association's Scholarship Program. One of these bursaries is made available through our relationship with Western Union and the other through our relationship with the St. Vincent and the Grenadines Sports Club. Please visit our website [www.vincytoronto.com](http://www.vincytoronto.com) and click on Education & Culture to download your application.

On behalf of the Executive Committee, we continue to wish each and everyone all the best and do have yourselves a wonderful and blessed summer.

Respectfully submitted  
Francelia George  
President

## 2008 Vincy Unity Picnic Organized by SVG Associations Of Montreal, Ottawa, Toronto

Come celebrate our "Oneness"

## Brown's Bay Provincial Park, 1000 Islands

Saturday, July 19 2008

THE PARK OPENS AT 7:00 A.M & CLOSES AT 7:00 P.M.

Toronto Buses leave at 7: 00 a.m. From: -

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- ❖ Secondary Lot with shuttle service @ \$20.00 each vehicle

**IT IS AGAINST THE LAW TO USE ALCOHOL ON THE  
BUS & AT ALL ONTARIO PARKS**

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## SVG Highlights

### Dellimore is new Miss SVG 2008



Miss SVG 2008 Ronique Dellimore smiles elatedly as she poses for media photographs.

Courtesy Searchlight (J. Soso-Vincent 06.JUNE.08)

All nine contestants in the Miss SVG 2008 pageant spoke, performed, sashayed and posed as if their lives depended on it. However, there could only be one winner, and Ronique Dellimore - Miss Darcheville Construction Ltd. - made sure the crown was hers for the taking.

In addition to scooping the top prize of an \$80,000 scholarship to the University of the West Indies and \$8,000 in cash, Dellimore won the Best Swimwear and Best Evening Gown awards. She profusely thanked her family, chaperone, sponsors and the Beauty Shows Committee for facilitating her successful participation in the show.

The contestants were judged in the sections of Swimwear, Talent, Evening Gown and Interview by a panel. Ronique Dellimore made a dramatic performance, entitled 'Long flight to freedom', about an enslaved African girl. Dellimore displayed an apt use of expression and conviction that,

coupled with dramatic drumming and appropriate dance moves, produced a meaningful act.

She will represent St. Vincent and the Grenadines in the Miss Carnival show taking place on July 4th, and promises to have a lot more in store for her supporters.

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

#### GENERAL MEETING

*Please view our event calendar on page 9 and join us at our General Meetings on the last Sunday of each month from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court, North York (Keele & Sheppard).*

*Please bring along a friend with you.*

## Education Corner

### OAS ANNOUNCES OPENING OF 2009 ACADEMIC SCHOLARSHIPS

The Department of Human Development at the Organization of American States is pleased to announce the opening of its Academic Scholarship Program for Graduate and Undergraduate Studies for the 2009-2010 academic cycle.

Scholarships will be granted to students who are citizens of a Member State of the OAS and who wish to engage in academic studies in any other Member State, excepting his/her own.

Scholarships for Undergraduate studies will be granted to citizens of the English-speaking Caribbean OAS member countries who meet the requirements for the completion of the last two years of study leading to a bachelor's degree, while scholarships for graduate studies and research (Master's and Doctorate level) are available for candidates from all of the OAS member countries. Studies must be undertaken at an accredited institution in any of the OAS Member States.

The field of study of the applicant must relate to the priority areas established by the OAS Member States in the Strategic Plan for Partnership for Integral Development 2006-09:

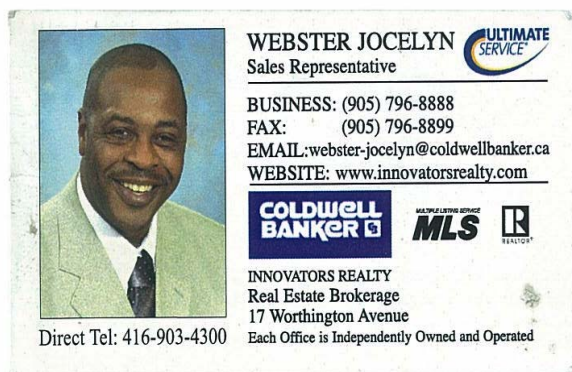
- Social development and creation of productive employment
- Education
- Economic diversification and integration, trade liberalization, and market access

- Scientific development and the exchange and transfer of technology
- Strengthening of democratic institutions
- Sustainable tourism development
- Sustainable development and environment
- Culture

Candidates should fill out the electronic application available on our website, print a copy and then submit their original documentation to the National Liaison Office (ONE) in their country of citizenship or legal permanent residence. Please contact your ONE for information about the country's deadlines.

For additional information about ONEs and required documents, please visit [www.educoas.org](http://www.educoas.org) – Scholarships for Academic Studies, or write to [scholarships@oas.org](mailto:scholarships@oas.org).

Reference: E-118/08



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## Elma Constance Francois (1897-1944) – A Politician and Activist ahead of her time



**Elma Francois**

[Photo from:

<http://www.trincenter.com/Gilkes/2002/0311.html>]

### A brief introduction to a remarkable woman

One Trinidadian writer described Elma Francois as “one of the most vociferous Africentric activists in the history of Trinidad & Tobago and the Caribbean”. But many Vincentians are unaware of the fact that this outspoken lady was actually born in the northeastern village of Overland in St. Vincent. It has been suggested that Elma had ‘Carib

blood’, based on the surname ‘Francois’ and the location of the family home – Overland.

As a young girl Elma Francois found employment in the sugar factory at Mount Bentick. During those days life in St. Vincent was very difficult for labourers, especially women. This led the socially minded Francois to fight for the advancement of her people and she organized the labourers at the sugar factory. The owners of the factory did not take kindly to this and promptly fired her.

Following the ravages of a hurricane in 1898 and a volcanic eruption in 1902 Francois moved to Sion Hill on the brow of Kingstown. Sion Hill was a settlement of workers for the surrounding estates and other workplaces of Kingstown – a perfect environment for an activist like Francois. It is speculated that a visit of Marcus Garvey to St. Vincent may also have made some impression on the young Francois.

While living at Sion Hill, Elma liaised with one Albert James with whom she had a son. Following a stint fighting in World War I, James settled in Trinidad. In 1919, Elma also migrated to Trinidad, leaving her two-year-old son behind in St. Vincent. She spent the rest of her life in Trinidad where she made a name for herself as a leader for the entire Caribbean in ameliorating the plight of people of African descent. In 1987 she was declared a national heroine of Trinidad and Tobago.

The achievements of this remarkable woman are well chronicled in the following websites:

<http://www.nalis.gov.tt/Biography/ELMA-FRANCOIS-labourleader.htm>

<http://www.raceandhistory.com/selfnews/viewnews.cgi?newsid1036352845,67538,.shtml>

[http://www.cafra.org/article.php3?id\\_article=312](http://www.cafra.org/article.php3?id_article=312)

PR Member contribution

### ST. VINCENT AND THE GRENADINES CONSULATE, TORONTO

The Consulate General wishes to advise the general public of its hours of operation:

**Monday to Friday**

Open to the General Public  
**9:00 a.m. to 2:00 p.m.**

**By Special Appointment only:**

**2:00 p.m. to 4:00 p.m.**

**Tel: 416-398-4277**

**The office is closed on all statutory holidays  
in St. Vincent and the Grenadines**



## CONTRIBUTED ARTICLES

### Vincentian Businesswoman Honoured

On May 22nd of this year, MicroSkills honoured Women in Business, (Women Entrepreneurs), Women Leaders and Youth Leaders at their 11th annual Gala Awards held at Pearson Convention Centre in Brampton.

MicroSkills is a multi-cultural, non-profit, community-based organization committed to assisting the unemployed, with priority to women, youth, racial minorities and immigrants. Their community-based business centre is designed for women who are developing micro-enterprises and small businesses.

Known for successfully operating a business and demonstrating strong commitment to the community, Vincentian Businesswoman, Yvette Joseph was recognized at this event with the 2008 Entrepreneur of the Year Award.

We congratulate Ms Joseph on her achievement

#### HIGH COMMISSION FOR ORGANIZATION OF EASTERN CARIBBEAN STATES

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High Commissioner: His Excellency Mr. Brendon C. Browne  
[oeceception@travel-net.com](mailto:oeceception@travel-net.com)

### *The Council of Caribbean Associations* CCAC - UPDATE

The Council of Caribbean Associations – Canada is planning a Seniors Event for Sunday, September 14, 2008 from 2:00 p.m. at Church of the Nativity, 10 Sewells Road, Scarborough. This event is intended to inform seniors of Caribbean descent about programs and benefits that are geared to their needs and to let them determine how best the Council could work with them to provide these programs.

For further information, please contact Gideon Exeter at 905-831-1814 or Cordel Telfer at 905-789-9731, the SVGAT's representatives to CCAC.

CCAC consists of the national associations in Toronto from 12 Caribbean countries – Antigua & Barbuda, The Bahamas, Barbados, Commonwealth of Dominica, Grenada, Haiti,

Montserrat, Nevis, St. Kitts, St. Lucia, St. Vincent and the Grenadines and Trinidad & Tobago.

## ASSOCIATION BRIEFS

### THE EXECUTIVE

Here is a list of the executive members and their contact information:

**President** – Francelia George; Tel: 647-244-6642  
[president@vincytoronto.com](mailto:president@vincytoronto.com);

**Vice President** – Kuwassi Hutchinson; Tel: 416-652-5207  
[vicepres@vincytoronto.com](mailto:vicepres@vincytoronto.com)

**Executive Secretary** – Franklyn Ash; Tel: 905-970-1063  
[execsec@vincytoronto.com](mailto:execsec@vincytoronto.com)

**General Secretary** – Vacant;  
[gensecretary@vincytoronto.com](mailto:gensecretary@vincytoronto.com)

**Treasurer** – Kenneth Farrell; Tel: 416-822-3601  
[Treasurer@vincytoronto.com](mailto:Treasurer@vincytoronto.com)

**Assistant Treasurer** – Yolande Lewis – 416-809-9820  
[assistentreas@vincytoronto.com](mailto:assistentreas@vincytoronto.com)

**Public Relations Officer** – Elma Gabriel – 416-282-4557  
[pro@vincytoronto.com](mailto:pro@vincytoronto.com)

**Immediate Past President** – Gideon Exeter; 905-831-1814  
[gexeter@yahoo.com](mailto:gexeter@yahoo.com)

**Association's General Email address** –  
[svgatoronto@vincytoronto.com](mailto:svgatoronto@vincytoronto.com)

#### *Nominated members:*

Monty Providence – [montyprovidence@rogers.com](mailto:montyprovidence@rogers.com)  
Emergene Sam – [relief@vincytoronto.com](mailto:relief@vincytoronto.com)

#### **MAKE A CONTRIBUTION TO THE ASSOCIATION**

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

#### **COMMITTEE CHAIRS AND COORDINATORS**

**Fundraising & Entertainment** - Monty Providence

**Education Committee** - Fred Williams

**Building Committee** - Kuwassi Hutchinson

**Finance Committee** - Kenneth Farrell

**Public Relations Committee** - Elma Gabriel

**Relief Committee** - Emergene Sam

**Scholarship Committee** - Franklyn Ash and Gideon Exeter

**SVG Unity Picnic:** Coordinators - Cordel Telfer

Representative - Kenneth Farrell

**Mothers Day Dinner Committee** - Gracelyn Providence

**Independence Dinner Committee** - Francelia George, Yolande Lewis and Shelley John

**Children's Christmas:** Coordinators - Yvette Cadogan and Lucine Butler

**Youth Committee** - Jimmy Lewis

**CCAC:** Representatives - Cordel Telfer & Gideon Exeter

## ASSOCIATION BRIEFS Cont.....

### **HELP A CHILD IN YOUR HOMELAND TO A BRIGHTER FUTURE.**

An old saying reminds us that children are the future of every country. Each of us can help to build the future of St. Vincent and the Grenadines by helping the children. As little as Cdn\$1.50 a day, will amount to almost EC\$120.00 per month. This small sum can help to keep a young child in school and contribute to his or her development in the community. If you are interested in learning how you can go about sponsoring a child in St. Vincent & the Grenadines, how to select such a child, and how to ensure that your sponsorship money is used for the development of that child, please enquire in confidence by contacting the Relief Committee Chairperson either through regular mail at P.O. Box 392 – Station F, Toronto, Ontario, M4Y 2L8 or by e-mail at “relief @vincytoronto.com”

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## **SVGAT Scholarship Program**

The Association is pleased to announce that two (2) scholarships in the amount of \$1,000.00 each will be available to eligible applicants for the 2008/2009 school year.

To get details on the program and to download the application from please visit the Association's website, [www.vincytoronto.com](http://www.vincytoronto.com) and click on “Education & Culture” tab.

The topic for this year's essay is (a) The History (Heritage and Culture) of St. Vincent and the Grenadines.

Please note that all applications must be received by August 31, 2008.

This year's scholarships are sponsored by Western Union Financial Services and St. Vincent and the Grenadines Sports Club.

### ***Because of You ...***

The Executive Committee on behalf of the membership of St. Vincent and the Grenadines Association of Toronto herewith expresses thanks to the businesses and individuals whose contributions through advertising have supported the publication of *Insight* and the upkeep of the website, [www.vincytoronto.com](http://www.vincytoronto.com).

Thank you, and we look forward to your continued support.

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Email:

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

**Do you have an article you will like to share with other readers? Do you want to contribute a story to our quarterly newsletter?**

**Please contact the PRO, Elma Gabriel at [PRO@vincytoronto.com](mailto:PRO@vincytoronto.com)**

(Courtesy of the **Vincentian**, Caribbean Net News  
& **Searchlight** Newspapers)

## OAS welcomes St Vincent and the Grenadines representative

WASHINGTON, USA: The government of St Vincent and the Grenadines has elevated an Alternate Representative to be that country's new Permanent Representative to the Organization of American States (OAS) in Washington.

Ambassador La Celia Prince delivered her credentials to Secretary General José Miguel Insulza during a ceremony at OAS headquarters Wednesday morning. She pledged to enhance her government's involvement and to give the hemispheric organization even greater visibility with government circles in St Vincent and the Grenadines.



*Ambassador La Celia Prince presents Secretary General José Miguel Insulza with her letters of accreditation as St. Vincent and the Grenadines new Permanent Representative to the Organization of American States. Photo courtesy of OAS*

Prince, who is also being designated as ambassador to the United States, pledged to continue her country's close collaboration and deeper involvement in the inter-American system, as the government's top diplomat at the OAS.

She said her own government's goals are in line with priority hemispheric agenda issues such as education, youth, employment and poverty alleviation, along with economic and social development, "so the synergy is good."

Prince said she intends to work hard to ensure that the promotion of integral development is accorded "parity" in treatment alongside the other pillars of the hemispheric organization.

Her country's Alternate Representative to the OAS for the past two and a half years, Ambassador Prince says she is very mindful of the tremendous responsibility that falls to her in her new position.

She assured the Secretary General that the government of St Vincent and the Grenadines remains firmly committed to the OAS and to ensuring the organization remains financially viable.

Welcoming and wishing her a successful tenure at the Organization, Secretary General Insulza expressed confidence she will be an exemplary representative of her country. The Secretary General praised St Vincent and the Grenadines -- one of the youngest nations of the Americas -- for its very active participation within the organization, noting the presence of the Caribbean countries is essential to the nature of the activities of the OAS, as they have contributed much to the formulation and implementation of the inter-American agenda.

OAS Assistant Secretary General Albert Ramdin along with Grenada's Ambassador Denis Antoine, who represented Permanent Council Chairman Ambassador Michael King of Barbados, joined several other Member State ambassadors and OAS officials for the ceremony to welcome Ambassador Prince as the new envoy of St Vincent and the Grenadines.

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***It is surely better to pardon too much than to condemn too much.*** G Eliot

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News from Svg cont....

## 'Ole George' for million dollar walk to Toronto.....

KINGSTOWN, St Vincent:

Vincentian walking legend Earl 'Ole George' Daniel is coming to Barbados. It's the third leg of a Million Dollar Walk being organised by the Rotary Club of St. Vincent South, in partnership with the Virginia-based International Hospital for Children (IHC).

The first leg of the walk fired off in Grenada in mid-March, with the second leg moving to St. Lucia in April. The initiative is geared at raising funds to procure equipment and construct a Caribbean Hospital for children, to be located in St. Vincent and the Grenadines (SVG).

In this first phase of the project, resources are being sought to finance the equipment now required for use by IHC visiting medical teams who have been traveling to St. Vincent periodically since 2002, treating scores of children. Several Caribbean children have already benefited under the project. The establishment of a hospital in St. Vincent and the Grenadines will ensure that the much needed medical services will be available in the region.

The main fundraising activity is a series of sponsored walks by Vincentian walking legend, Earl 'Ole George' Daniel and his walking partner, Joel Butcher. The walks are taking place at various locations on mainland St. Vincent - Bequia, Mustique, Canouan, Grenada, St. Lucia, Barbados, with the major walk in North America, from New York to Toronto **on July 20 to 27, will start from Prospect Park Brooklyn, New York and ending at Downsview Park in Toronto.**

The North America walk will require Daniel and Butcher to walk for approximately eight days without sleep. Rotary Club and its partners are also facilitating the entering of this record in the Guinness Book of World Records. The two, came close to creating this record in Jamaica some two years ago.

As was the case in Grenada and St. Lucia, financial contributions will also be accepted **along the way**. It's expected that Corporate as well as other nationals and friends will lend their support, financial and otherwise to this important initiative which has been dubbed-'Walking for life-Let the children live.'

## TORONTO CONSULATE OFFICE

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

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

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

Steve O. Phillips - Consul General

*The Office of the Consulate General in Toronto is here to attend to the needs of Vincentians. It also strives at strengthening its ties with organizations looking to do business in St. Vincent and the Grenadines.*

## Immigration Matters

### IMPORTANT IMMIGRATION NOTICE TO SVG NATIONALS

We have been asked to advise St. Vincent and the Grenadines nationals that as of August 1, 2007, only the new Machine-Readable Passports issued by the Government of St. Vincent and the Grenadines were being accepted as official travel documents for our country.

The last day for using the old type of passport that is not machine-readable was July 31, 2007. Please take the necessary actions to obtain your new St. Vincent and the Grenadines Passport. The following rates apply for obtaining your new passport:

When applying in Canada - Cdn\$102.00  
When applying in the United States of America - US\$105.00  
When applying in the United Kingdom - 40 Pounds (Sterling)  
When applying in St. Vincent and the Grenadines - EC\$85.00

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

The Consulate is located at 333 Wilson Avenue West at Bathurst.

Email address is:

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



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## Teamwork quotes

- ❖ It is amazing how much you can accomplish when it doesn't matter who gets the credit.
- ❖ There is no "I" in "TEAMWORK".
- ❖ Teamwork: Simply stated, it is less me and more we.
- ❖ Without forgiveness, there can be no real freedom to act within a group.  
*Max DePree*

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## St. Vincent and the Grenadines Association of Toronto Inc – Serving our community

### SVG Highlights

#### Profile – *Vincy Heat*

First affiliated to FIFA (International Federation of Association Football) in 1988, the upstart Caribbean island cluster of St. Vincent and the Grenadines have qualified for the CONCACAF semi-final qualifying rounds four times running.

But once there, things again went according to script with several rough results and a few reminders of just how competitive it can be at the top tier of the region's footballing establishment. After beating Nicaragua on the road to Germany 2006, first up for St. Vincent in the semi-final round was none other than Trinidad & Tobago. The 0-2 loss was not exactly a surprise for *Vincy Heat*, but a 1-0 win over fellow island minnows St. Kitts and Nevis in the next outing had them singing in the streets of Kingstown.

Up against regional royalty Mexico next, there was to be no cheerful, homespun magic. They lost out 7-0. Two more losses on the trot - again to Mexico and T&T - saw the tepid *Heat* finish off the semi-final round ahead of only pointless St. Kitts. One more 3-0 win over their plucky but hopelessly outmatched neighbours saw St. Vincent finish with six points from six matches. By itself, the points are an achievement for the islanders, who had top scorer Samuel Shandel to thank for four of their eleven goals.

With a respectable record in the preliminary qualifying stages, the next step for St. Vincent and the Grenadines is a successful run through the semi-final stage - something the islanders will be keen to achieve in the qualifying campaign for South Africa 2010

*[Note: Unfortunately Vincy Heat were eliminated from World cup contention this time by losing to Canada 3-0 in St. Vincent and 4-1 in Montreal.]*

### ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO CALENDAR OF EVENTS FOR June - December 2008

Sunday, June 29	Monthly General Meeting	Northwood Community Centre
Saturday, July 19	Vincy Unity Picnic	Brown's Bay Provincial Park, 1000 Islands
Sunday, July 27	Monthly General Meeting	Northwood Community Centre
Sunday, August 31	Monthly General Meeting	Northwood Community Centre
Sunday, September 28	Monthly General Meeting	Northwood Community Centre
Sunday, October 19	Thanksgiving Church Service	Rosemount Church of the Nazarene
Monday, October 27	Flag Raising	Toronto City Hall
Saturday, November 1	Independence Banquet	Riviera Parque Banquet Hall, 2800 Hwy 7 West
Sunday, November 2	Town Hall Discussions	Venue TBD
Sunday November 30	Monthly General Meeting	Northwood Community Centre
Saturday, December 13	Children's Christmas Party	Northwood Community Centre
Christmas Week	Christmas Hamper Project	Across the Community

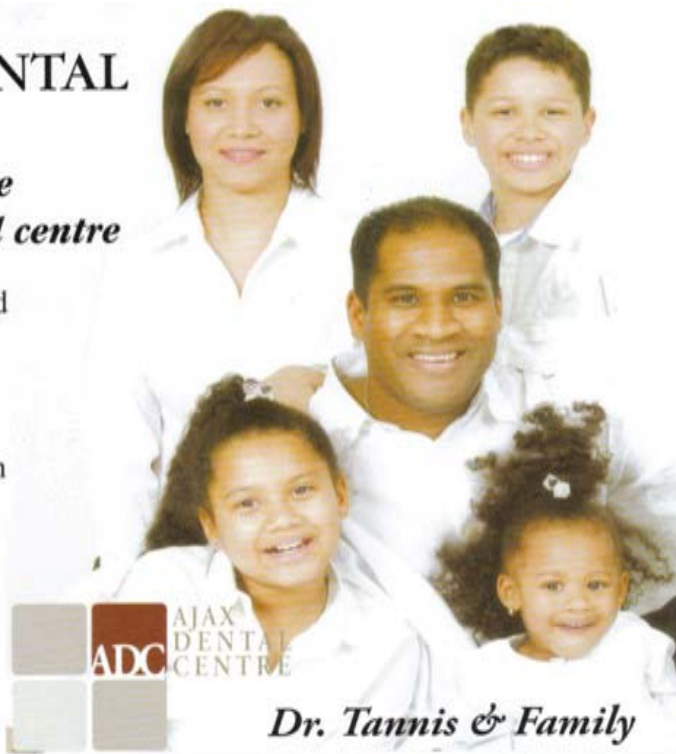
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## ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.

2008 INDEPENDENCE ANNIVERSARY DINNER & DANCE

SATURDAY, NOVEMBER 1, 2008

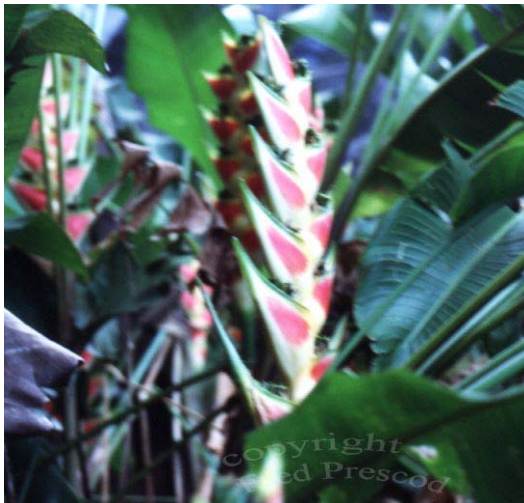
RIVIERA PARQUE BANQUET HALL, 2800 HWY 7 WEST

MARK THE DATE ON YOUR CALENDAR



# Nature Corner

## Heliconia



Native to tropical regions of South and Central America (including the Caribbean), as well as the islands of the South Pacific, plants of the botanical genus *Heliconia* (pronounced hel-i-kō'ni-a) are noted for their strikingly beautiful bracts. Botanically the bracts are actually highly modified leaves that are loosely referred to as flowers. These waxy or leathery, brilliantly coloured, boat-shaped bracts enclose the true flower clusters. In the Americas, hummingbirds exclusively pollinate red, yellow, pink and orange *Heliconia* species, while nectar-feeding bats pollinate green species.

In the Caribbean the plants are collectively known as wild plantains or wild bananas, although the botanical name *Heliconia* is also used as a common name. The name *heliconia* is thought to originate from Mount Helicon, the favourite haunt of the Muses in Greek mythology.

Heliconias thrive in humid lowland areas in St. Vincent, yet most species can be found in and above the middle elevation rain forest habitats. Additionally some species grow along roads and riverbanks, and in patches of light in forested areas.

Worldwide more than 100 *Heliconia* species are known, and these range in size from 3 feet to 30 feet. They are often grouped according to their growth habit or the appearance of the inflorescence (the arrangement of flowers and accessory parts). For example, some authorities differentiate a type called lobster claw or wild plantain. These are quite common in St. Vincent as exemplified by *Heliconia caribaea*, which is also called balisier. Another group contains the type known as hanging lobster-claw or false bird-of-paradise, as exemplified by *Heliconia rostrata*. A

very popular and widely cultivated species is *Heliconia psittacorum*, known variously as parrot's flower, parrot's beak or parakeet flower. In fact a cultivar (cultivated variety) of this species carries the name 'St. Vincent Red'. This one has orange-red bracts. Another highly cultivated species is *Heliconia wagneriana*, which has its peak blooming period in April and May and is consequently called Easter heliconia.

In general, heliconias are used for floral material, or as ornamental plants, because of their ease of cultivation and hybridization as well as their stunning appearance in form and colour. In some Caribbean and Central American countries the leaves of some species are used for thatching roofs, or for wrapping food. In Brazil the roots and seeds of selected species are used for their medicinal healing properties. In other parts of South America the leaves and flowers of particular species are believed to cause and/or heal illnesses of a supernatural nature.

Fred Prescod  
Horticultural Educator

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### **BEREAVEMENT NOTICE**

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

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

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## **Building Self-Esteem with Youth**

Developing positive self-esteem in children is an important responsibility for all adults who interact with them. When children feel good about themselves, they are better able to resist negative influences in their lives. Positive self-esteem enables children to grow up and be happy, responsible, and contributing adults.

### **What Is Self-Esteem?**

Self-esteem is the value we place on what we believe to be true about ourselves; how we feel about ourselves; and/or an emotion we hold true about ourselves.

People with high self-esteem consider themselves worthy, and view themselves as equal to others. They recognize their limitations, expect to grow and improve, and do not pretend to be perfect.

Those low in self-esteem generally experience self-rejection, self-dissatisfaction, self-contempt, and self-disparagement. Low self-esteem can be a major factor in mental health problems, suicide, alcohol and drug abuse, violence, and many other problems.

### **Characteristics of a person with high or positive self-esteem ...**

1. Believes strongly in certain principles and values.
9. May be jealous or possessive.
10. Has difficulty entering into loving relationships.

### **Building Blocks to Self-Esteem**

#### **Trust**

Trust is the basis of all human relationships. A person who has a well-developed sense of trust is able to take risks involved in learning to become a happy, successful person. In order for an individual to develop trust in others, he/she

#### **Belonging**

Belonging is the feeling of being accepted by others. Individuals gain security when they feel like they belong to a group. Those feelings of security and acceptance help nurture self-esteem.

#### **Purpose**

Purpose is an important part of one's self-esteem development. Every individual needs to have a feeling of purpose or a mission in life.

#### **Success**

The statement, "success breeds success," is true in the development of healthy self-esteem in people. By identifying a problem or goal, by developing a plan of action, and by accomplishing an objective, children develop problem-solving skills, as well as a sense of pride. This in turn starts an interesting chain of events for children, including:

1. Self-concept becomes more positive.
2. Become motivated to set new goals or tackle new problems.
3. Begin to use resources more effectively.
4. Views adults as resources and sources of support.
5. Becomes more proficient at solving problems and achieving goals.

2. Is capable of acting in his/her own best judgment.
3. Have fewer health problems.
4. Genuinely enjoys him/her and participates in a wide variety of activities.
5. Feels equal to others as a person.
6. Resists efforts of peers to dominate or sway them.
7. Feels confident in the ability to deal with challenging situations, despite failures and setbacks
8. Is sensitive to the needs of others; cares about others.
9. Is more flexible and adaptable in changing situations.
10. Is happy, energetic, enthusiastic, and enjoys life.

### **Characteristics of a person with low or negative self-esteem**

...

1. Is overly sensitive to criticism, and afraid to make a mistake.
2. Is overly critical of others and self.
3. Blames others.
4. Feels persecuted.
5. Has a fear of competition and/or is reluctant to try new things.
6. Is over-responsive to praise.
7. Is shy, timid, or withdrawn.
8. Is uncertain of own opinions and values.

must have a series of positive encounters with the people who share his/her world.

### **Self**

Children begin to mold their self-images early in life. By creating environments in which children can feel secure about them and develop their strengths, adults can help children have those positive experiences.

6. Sense of personal competence grows, and he or she is motivated to start the process over again.

By providing learning opportunities and experiences throughout the building stages, adults can have a profound and positive influence on a child's self-esteem. In the words of Jack Canfield, "Success will only result if the adult leader is a caring, capable, and lovable individual that can communicate a feeling of importance and self-worth to others. A positive self-esteem is extremely important to the individual. And teaching self-esteem, after all, is simply a way to help others overcome their negative ideas about themselves and to discover their unique potentials."

### **Strategies for Building Children's Self-Esteem**

One of the best ways to foster children's self-esteem is to get them to feel a sense of ownership and responsibility for their experiences. Help children develop a personal and vested interest in their own activities by: 1) giving them the freedom to make mistakes; 2) finding ways for them to contribute to their learning experience; and 3) giving them choices.

You can help youth develop positive self-esteem by:

- Encouraging members to take risks:
- sign up for a new project
  - accept a club office

- lead the 4-H pledge
- present a demonstration

Providing a wide variety of opportunities:

- involvement on committees
- participation in community service
- exploring different projects

Giving each member personal attention:

- listening
- encouraging
- recognizing member's efforts and accomplishments

Volunteer leaders can have a profound effect on children's positive self-esteem development. Children need positive, caring adult leaders that communicate a feeling of self-worth. Mahatma Gandhi once said that people "often become what they believe themselves to be. If I believe I cannot do something, it makes me incapable of doing it. But when I believe I can, then I acquire the ability to do it even if I didn't have it at the beginning." Adult leaders help youth by providing opportunities to be involved and achieve.

*Scott Kleon, Extension Educator, 4-H Youth Development, Pickaway County*

*Carolyn Wilson, Extension Educator, 4-H Youth Development, Guernsey County*

## ASSOCIATION BRIEFS Cont.....

### Youth Debate

The third annual Youth Debate finals, hosted by the Antigua and Barbuda Association of Toronto and sponsored by Western Union was held on May 31, 2008. The event moved along with a bang.

There were a number of representatives from our community at the Debate and in full support hoping for their team to win.

The Grenada Association (Toronto) entered a team for the first time and competed against a team from SVGAT. The SVGAT team of **Ms. Kathleen James and Ms. Cherene Lewis** proposed that, **The Internet has done more harm than good.** The Grenadian Team of **Ms. Nicole Primus and Renatta Austin** argued **in favor of the Internet.** The Grenadian team defeated the SVGAT team to become the new Youth Debate champions for 2008.

It was refreshing to be there to witness the changing of the guard and the brilliant minds from our Caribbean communities debating on the topic of Internet technology. We can conclude that with the focus on the use of the Internet in communication, the future of our Caribbean community in the Diaspora will be in good hands.

The young people had done their research to deliver the knockout punch to the opponent and claim victory; and there we have seen the stronger team win. It was a very intense battle by both sides, only to have Grenada deliver the final knockout blow to clinch victory in the rebuttal.

There were announcements made from the communities represented at the debate about their upcoming programs. We must congratulate Mrs. Petra Hutchinson for the great job she did in coordinating the program for SVGAT and the Vice President for his representation on behalf of the organization.

## Immigration Matters Cont....

### New Developments through Bill C-50

Contributed: Sandra Sutherland, CCIC

Embedded in the 2008 budget bill were some key legislative changes related to immigration. In Bill C-50 the Conservative government set forth proposed changes to the *Immigration and Refugee Protection Act* (the Act) that would allow the Minister of Citizenship and Immigration Canada (currently Diane Finley) to reduce the number of immigration applications that will be accepted each year. They have been successful in having this legislation passed and seek to accomplish their tasks through the use of discretionary authority of being able to pick and choose who can come to Canada by simply denying the applicant the visa or document applied for.

Normally if a foreign national meets every requirement of the Act, the visa or document applied for "shall" be issued to him. With the implementation of this new legislation, this same foreign national's visa or document "may" be denied - based on the Minister's discretion. The Minister now has full authority to issue instructions to immigration officers to deny applications of certain type of categories, from specific regions, of a certain quantity, etc. Such denials could eliminate the right of every applicant to be given fair review and consideration regardless of background, ethnicity, country of origin, skill sets, etc., thus opening the door to the strong possibility of discriminatory practices. It is reported that some visa posts ask applicants to disclose whether they are black or white. What next? How can we, as West Indians or members of the black community safeguard against the prospects of discriminatory practices?

Because the visa or document applied for will be "denied", the denial would not count as a "decision". This curtails the appeal process that is in place to overturn negative decisions only. Therefore denials cannot be appealed and so the Minister's decision will be final.

Bill C-50 will also eliminate the admittance of foreign nationals applying outside Canada based on humanitarian and compassionate grounds. Humanitarian and compassionate applications will thus be limited to applicants physically present in Canada.

Sandra Sutherland is a Certified Canadian Immigration Consultant (CCIC) and can be reached at (416) 431-2829 or via e-mail at [ssutherland@suthernimmigration.com](mailto:ssutherland@suthernimmigration.com) or visit her company's website at [www.suthernimmigration.com](http://www.suthernimmigration.com).



# St. Vincent & the Grenadines Association of Toronto

## 2008 Independence Anniversary Celebrations

### *Thanksgiving Church service*



Sunday, October 19, 2008, 4:00 p.m.  
Rosewood Church of the Nazarene



### *Flag Raising Ceremony*

Monday, October 27  
Toronto City Hall

### *Independence Banquet*



Saturday November 1, 2008  
Riviera Parque Banquet Hall,  
2800 Hwy 7 West

### *Town Hall Discussions*



Sunday, November 2, 2008  
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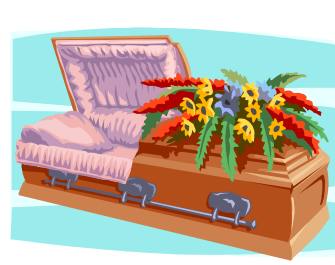
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# Saint Vincent and the Grenadines Association of Toronto Inc.

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### **Mission Statement**

*The St. Vincent and the Grenadines Association (SVGA) of Toronto is a non-profit community-based Association. We are committed to providing assistance and support to groups 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**

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