



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

Quarterly Newsletter

July 2011

More countries contribute to flood relief efforts in St Vincent

NEW YORK, USA -- St Vincent and the Grenadines (SVG) continues to receive assistance as it copes with the effects of the flash floods that affected north eastern St Vincent in April of this year. Australia, one of the most recent contributors, has pledged to pay the approximately AU\$38,000 (EC\$108,400) for relief assistance provided by the Red Cross to the 200 families directly affected by the disaster. SVG's UN mission said in a press statement that a wide coalition of countries have contributed to the relief effort, namely Australia, Azerbaijan, Brazil, Georgia, Pakistan and Taiwan have also contributed to the relief effort. Australia, Azerbaijan, Georgia and Pakistan, which have also experienced devastating floods in recent years, responded to requests for assistance from the Permanent Mission SVG to the United Nations. Georgia, which established diplomatic relations with SVG less than one year ago, has pledged to provide additional resources in the future. Pakistan has also promised further assistance.

Gary Quinlan, Australia's ambassador to the United Nations, in a letter to his Vincentian counterpart, Ambassador Camillo Gonsalves, said that, in addition to funding the Red Cross expenses, the Australian government "will also explore future opportunities to support organisations involved in rebuilding efforts in Saint Vincent and the Grenadines following the immediate disaster relief response." Azerbaijan, Georgia, and Pakistan donated a total of US\$60,000 (EC\$ 160,000) to the relief efforts.

Brazil donated US\$62,000 (EC\$165,500) while Taiwan has delivered US\$500,000 (EC\$1.4 million) of the US\$2 million (EC\$5.4 million) that it pledged during the recent visit by Prime Minister Ralph Gonsalves to that country.

While not related to the flood relief, Qatar's previously pledged US\$1 million (EC\$2.7 million) for Hurricane Thomas relief was wired to SVG within weeks of the flood. Ambassador Gonsalves has thanked the

countries, noted that while some of the contributions are modest, they represent an important act of solidarity with the Vincentian people and empathy with the victims of the disaster, according to the press statement. Between October 2010 and April 2011, SVG was struck by two devastating weather events: Hurricane Thomas and the flash floods in April, with each disaster causing damage of EC\$100 million. Prime Minister Gonsalves and the National Emergency Management Organisation have called on Vincentians to be vigilant and prepared for the 2011 hurricane season, which began on June 1 and continues to November 31.

By Kenton X Chance - Source: Caribbean News Now!

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Lavout by Marcia Farrell

One in 100 People have Epilepsy

Most people know very little about what epilepsy really means to the one in 100 people living with this condition. What is commonly associated with epilepsy is the image of someone lying unconscious, convulsing on the floor with a 'grand mal' (tonic clonic) seizure. In fact, that kind of seizure is only one of many types of seizures that a person with epilepsy can experience. A seizure can be a blank stare for a few seconds, repetitive physical gestures, slurred speech and confusion or a total loss of consciousness. One thing common to all seizures is the cause, which is an uncontrolled electrical discharge in the brain.

In the modern understanding of epilepsy, it should not be considered a "disease". Rather, it is a symptom indicating a medical condition in the brain that causes recurrent seizures. A recurrent seizure is the definition of epilepsy, a single seizure caused by meningitis or a baby's high fever doesn't mean the person has epilepsy. It is the second, third and fourth seizures that lead to the diagnosis of epilepsy. Although in 70% of people with epilepsy, the cause of the condition is unknown, it can be associated with brain trauma, a brain tumour, or in a small percentage with heredity.

There are many people with epilepsy who live without being severely impacted by their condition. Through anti-seizure medications or brain surgery their seizures are controlled or even stopped. Danny Glover, Prince, and Neil Young are all people with epilepsy who fit into this category. However, there are others who are far more affected by their epilepsy. For people whose seizures are not well controlled, epilepsy can have a profound impact on all facets of the person's life. It can be difficult to find employment, drive a car, go to school, or enjoy close relationships – things that most of us take for granted.

Over 50 million people have epilepsy; however it is still widely misunderstood. Annually, 15,000 people are diagnosed with epilepsy; that's almost as high as the number of breast cancer or prostate cancer diagnoses each year. One of the biggest obstacles that people with epilepsy face is an uninformed community. Many people don't know very much about epilepsy and don't know what to do if a person has a seizure. In fact, it's easy to learn what to do - just follow these steps.

If the person is having a convulsive seizure (unconscious and shaking), put something soft under their head, roll the person on his/her side as the seizure ends and time the seizure. If it lasts more than 5 minutes, call 911. Otherwise, just be reassuring and supportive. Ask the person how you can help.

If the person is having a non-convulsive seizure (confused, dazed, repetitive gestures), guide the person gently away from danger, time the seizure and as above, if it lasts more than 5 minutes, call 911. When the seizure ends, stay with the person until he/she is fully alert again, and as always, be gentle and reassuring.

If you would like to know more about the programs and services we provide at Epilepsy Toronto, please contact Rosie Smith, Director, Adult Services, Epilepsy Toronto at 416-964-9095 or email her at rsmith@epilepsytoronto.org



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BEREAVEMENT NOTICE

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

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

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IMMIGRATION MATTERS

MARRIAGE FRAUD

Contributed by: Sandra Sutherland, CCIC

Jason Kenney, our Minister of Citizenship, Immigration and Multiculturalism, endeavors to develop a policy that he thinks will strengthen immigration laws and better protect possible victims of marriage fraud. Citizenship and Immigration Canada officials and Visa officers employ various tools such as interviews, document checks, and online searches to help them detect fraudulent marriages or common-law relationships which are entered into for the purpose of a foreign national to acquire permanent resident status. If the officer has good reason to believe that a relationship or marriage of convenience exists the application will be refused.

In an effort to help prevent immigration fraud through relationship and marriage fraud, Mr. Kenney would like to implement sponsorship bars upon sponsors and/or conditional visas upon sponsored spouses and common-law partners.

In addition to the present bar whereby sponsors are forbidden to sponsor a new spouse or common-law partner for three years from the date their undertaking takes effect (being the date the sponsored applicant becomes a permanent resident), Minister Kenney would also like to implement a sponsorship bar upon the sponsored spouse/partner. This sponsorship bar would forbid a sponsored spouse/partner from sponsoring a new spouse or common-law partner within the following five years after receiving permanent resident status. There have been many occurrences whereby applicants would dissolve their common-law relationship or marriage and subsequently cohabit with or marry another partner and so, it is hope that this new sponsorship bar would minimize the volume of marriage fraud.

Mr. Kenney also seeks to enforce conditional visas upon sponsored spouses and common-law partners. Conditional visas would impose a probationary period (perhaps two years) upon sponsored spouses/partners prior to them being granted permanent resident status.

Another recommendation is that if a spousal or common-law relationship is later found to be a sham, the sponsor should not be allowed to sponsor another spouse until a specified time period has elapsed.

Many concerns have been raised regarding these proposed policies. Would the government remove individuals from

Canada whom they deem to be a bogus spouse? How should the spouses/partners handle a legitimate break down in their relationship after the sponsored spouse/partner arrives in Canada? What happens to Canadian born dependent children who may be affected by the impact of a relationship breakdown, domestic violence, or denial of permanent resident status to his/her parent? Would an abused spouse/partner be obliged to remain in the relationship so as to gain permanent resident status? How can immigration officials make a determination that an abusive relationship exist?

It is hoped that sponsored spouses and common-law partners who are in an abusive relationship would be exempted from these conditions. It is hoped that these policies would not come into effect. Meanwhile, many groups are lobbying to ask the federal government to reject these proposed policy changes.

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. View her advertisement in this copy of the Insight.

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Mr. Steve O. Phillips

Consul General

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ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC UP- COMING EVENTS 2011

Sunday, June 26	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
Saturday, August 20	Seniors' Group Tour	Mennonite Story, Tour of Elmira Country
Sunday, August 28	Monthly General Meeting	Northwood Community Centre
September 03-06	Labour Weekend Bus Trip	New York, USA
Sunday, September 25	Monthly General Meeting	Northwood Community Centre

Address & Direction:

Northwood Community Centre. 15 Clubhouse Court. (off Arleta between Keele & Jane Streets)



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*High Commissioner for the Countries of
the Organisation of Eastern Caribbean States*



St. Vincent
and the Grenadines

21 June 2011

Dear National,

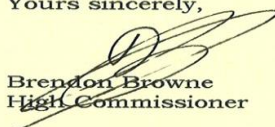
I wish to take this opportunity to inform you that my tenure as High Commissioner comes to an end on June 30, 2011.

Let me place on record my appreciation for the tremendous support you have given to the OECS Governments and to my family. I feel enriched by this experience and hope that I was able in some way to raise the profile of the OECS and increase investment and education opportunities in the Region.

I must also inform you however, that the Heads of Government have taken the decision to close the High Commission. Please find attached the reasons for the closure as outlined in the press release from the OECS Secretariat.

Once again thanks for allowing me to serve you.

Yours sincerely,


Brendon Browne
High Commissioner

130 Albert Street, Suite 700
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HEALTH CORNER-DIABETES

Q: Are there other conditions that result from insulin resistance?

A: Insulin resistance can be linked to type 2 diabetes, hypertension, dyslipidemia, cardiovascular disease and other abnormalities. These abnormalities constitute the insulin resistance syndrome. Because resistance usually develops long before these diseases appear, identifying and treating insulin-resistant patients has potentially greater preventive value. Insulin resistance should be suspected in patients with a history of diabetes in first-degree relatives; patients with a personal history of gestational diabetes, polycystic ovary syndrome or impaired glucose tolerance; and obese patients, particularly those with abdominal obesity. Present treatment consists of sensible lifestyle changes, including weight loss to attain healthy body weight, 30 minutes of accumulated moderate-intensity physical activity each day and daily increase of dietary fiber intake. Currently, pharmacotherapy is not recommended for patients with isolated insulin resistance

Q: Will companies provide diabetic exchange lists for their products?

A: Unfortunately, while there is no centralized system for companies to provide diabetic exchanges, most of the food companies have areas that deal with therapeutic nutrition concerns and these companies will be happy to provide you with a diabetes exchange list for their products. The information is available on computers, at libraries and for those who are diagnosed, the information is also available from the dietitians, the doctors, at health clinics, some community centers that run health programs and even at recreation center and training facilities.

Q: Although I am diabetic, still I would like to be able to have the occasional drink of alcohol. When it comes to liquor and spirits, how will these affect my condition?

A: The following small table should give you an idea about diabetic exchanges and alcohol. Remember that the body processes alcohol in a similar way to fat, so it is worth asking a doctor for a recommendation.

- 1 ½ ounce of distilled alcohol – 2 Fat
- 12 ounces beer – 1 Starch, 2 Fat
- 5 ounces wine – 2 Fat

When you drink alcohol, make certain that it is incorporated into a meal or snack and that the calories for the drinks are accounted for in the daily caloric intake. Each gram of alcohol yield 7 calories. When you take on beer, it could be over 100 calories depending on the type of beer. Alcohol is

non-nutritious, so wasting caloric intake on alcohol could seriously jeopardize your health. Alcohol may increase the risk of an insulin reaction. Alcohol may also react with diabetes medication, and the symptoms of diabetes may be confused with drunkenness diabetes ketoacidosis can develop and remain untreated, because the individual is thought to be inebriated. Unfortunately, for diabetics, alcohol can be hazardous.

Q: I love eating out, but hate taking food scales around with me. Is there a solution?

A: The only real solution is to become fluent and articulate with the diabetic exchange system and accurate enough so you can estimate how much of each meal to eat. Although some restaurants may have knowledge of diabetes requirements, you have to be confident of your knowledge about diabetes. It may be worth speaking to the waiter or chef or someone who has adequate knowledge about diabetes. Most good restaurants will understand the importance of the concerns about the diet. They welcome the clientele and they will love the promotion from you and others who have chronic conditions. Speaking to the staff beforehand may also ensure that you get the right sized portions. You can also ask them to divide the portions and take it home for the next meal. If you become familiar with the equivalent of what portion sizes should be fine. Some dietitians will advise estimating using your hand.

For example

- A portion of meat, 3 ounces should fit in the palm of your hand or the size of an ordinary computer mouse,
- A chicken leg should be about 25g of meat, a thigh 50g, ½ breast 100g. (1oz., 2oz., and 4oz.)
- A cup of rice should fit loosely in a teacup,
- A serving of fat should look like a dice
- A serving of salad should be as much as a closed fist
- A serving of (oil) salad dressing should fit in a thimble
- Grapes and cherries can be counted, so can nuts

30 grams cheese is the size of a playing card Vegetables or fruit, (1/2 cup), is about the size of your fist

- Pasta, (1/2 cup), is about the size of one scoop of ice cream
- Meat, fish or poultry is the size of a deck of cards or the size of your palm (minus the fingers).
- One ounce of cheese is close to the size of a match box
- One cup of salad the size of a tennis or baseball

- Snacks such as pretzels and chips is about the size of a cupped handful
- Apple is the size of a baseball
- Potato is the size of a computer mouse or your folded fist.
- Bagel is the size of a hockey puck or will fit in the palm of your hand.
- Pancake is the size of a compact disc or will fit in the palm of your hand.

However, estimating portions can be hazardous, and you should know exactly what has gone into the preparation or how the foods were cooked, before eating.

Diabetes is first treated with weight reduction, healthy nutritious diet and regular involvement in physical activities and exercises. After three months, if the doctor does not see any signs of improvement, the next strategy is to add medications to the treatment regime. Usually, metformin (glucophage) is prescribed, because the formulation is designed to assist in glucose in the blood, keep weight down and it has little or no effects of hypoglycemia. Metformin (Glucophage); however, can be toxic in some individuals and it can cause lactic acidosis, so if after 6 months you begin to have adverse reactions, notify your doctor. Metformin is the only drug so far that has been approved to treat diabetes by the FDA. Metformin helps with insulin resistance syndrome PCOS, (polycystic ovarian syndrome and metabolic syndrome and there are other instances where it is felt to help dementia and Alzheimer's.

In some cases, where the blood glucose still remain uncontrolled and some of the complications are developing such as peripheral artery disease, neuropathy and other vascular conditions, and other threats to vision are present, the doctor will initiate insulin therapy, to get better control of blood glucose and to prevent the development of congestive heart failure and kidney related conditions. Usually, it is advised that if blood glucose remains above 140 mg/dL for extended periods, insulin should be initiated, especially when high levels of cholesterol are present and blood pressure levels are high.

Insulin is secreted by the pancreas in primarily in response to elevated blood concentrations of glucose. Insulin acts as the door attendant at the entrance to the cell. Food arrives at the door of a cell in the form of blood glucose. When insulin is working effectively, it opens the door, just like a door attendant to accommodate glucose. Then blood glucose enters the cell where it is used for energy. This makes sense because insulin is "in charge" of facilitating the entry of

glucose. Some neural stimuli (e.g. sight and taste of food) and increased blood concentrations of other fuel molecules, including amino acids and fatty acids, also promote insulin secretion. Insulin is essential for strict control of blood glucose levels in type 1 diabetes. Insulin is used to treat diabetes mellitus, for controlling high blood sugars, helps to prevent heart disease, strokes, kidney disease, circulation problems, and blindness. Insulin lowers the levels of glucose in the blood and it is necessary to treat type 1 diabetes. Tight blood glucose control is the best way to prevent major complications in type 1 diabetes including those that affect the kidneys, eyes, nerve pathways, heart and blood vessels. Intensive insulin treatment in early diabetes may even help preserve any residual insulin secretion for at least 2 years.

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



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14. LRISAT _____
15. RELUTT _____
16. DIGEERANNS _____
17. PEDTEIRNS _____
18. LOEPPP _____
19. UNF _____
20. OSVISITR _____

Game designed by Marcia Farrell – Public Relations Officer

Answers: 1. Vincenzian, 2. unity picnic, 3. annual, 4. Toronto, 5. Montreal, 6. Ottawa, 7. parks, 8. Activities, 9. celebration, 10. parking, 11. drinking, 12. eating, 13. boatride, 14. trails, 15. turtle, 16. grenadines, 17. president, 18. people, 19. fun, 20. visitors

SUDOKU

		2	8		7	4		
	3		1		2		6	
9								5
		6	9	2	3	8		
		3	6	4	5	1		
5								7
	2		5		9		8	
		1	3		4	9		

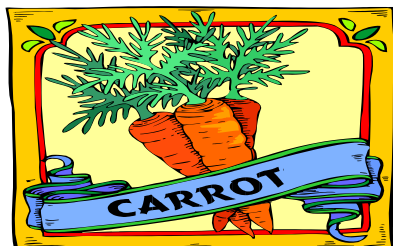
HOW TO PLAY

It's quite simple described as a brain teasing, number-placing puzzle based on a 9x9 grid with several given numbers. The object of this puzzle is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once.

UNSCRAMBLE THE WORDS BELOW:

1. TIANNIVCEN _____
2. NIUYCCIPTNI _____
3. ANLNAU _____
4. TNOTOTO _____
5. OMERALTN _____
6. TTAWOA _____
7. APSKR _____
8. IVAEITSTIC _____
9. TEACLREOBNI _____
10. PGAINRK _____
11. GDNNKIIR _____
12. GIEANT _____
13. IRTOEBDA _____

TREES FOR LIFE TREES FOR LIFE



CARROT CAKE

INGREDIENTS:

- 1 ½ cups of oil
- 1 ¾ cups of sugar
- 3 eggs
- 2 cups grated carrots
- 3 cups self raising flour
- 1 small tin crushed pineapple
- 1 teaspoon nutmeg
- 1 teaspoon spice

METHOD:

1. Cream oil, sugar and eggs together.
2. Add carrots, flour, pineapple and spice.
3. Beat for a few minutes.
4. Grease pan and bake at 350 degrees F for one hour

Recipe submitted by: Marcia Farrell

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SVGAT Scholarship Program

The Association will award two scholarships for the 2011/2012 school year to eligible applicants.

All applicants must submit an essay on the topic: The main geographical, historical, agricultural, and Tourist attractions of St. Vincent and the Grenadines (Approximately 500 words in the student's own words).

Deadline date to submit Essay and applications is August 31, 2011. Download application form from our website: www.vincytoronto.com

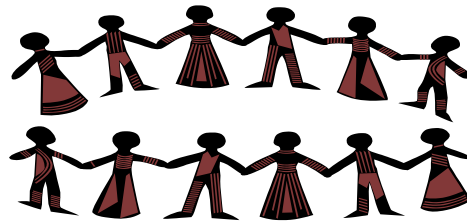
The St. Vincent and the Grenadines Association of Toronto Inc

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 THE GRENADINES ASSOCIATION OF TORONTO INC

P.O. BOX 392, STATION F, TORONTO, ONTARIO, M4Y 2L8

Website: www.vincytoronto.com email: svgatoronto@vincytoronto.com