

INSIGHT

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

KEEPING OUR COMMUNITY INFORMED THROUGH COMMUNICATION

Quarterly Newsletter

July 2014

From the President's desk ...

Your contributions - thanks

Looking back at the many accomplishments achieved within the Association, one has to agree quite naturally, that the accomplishments were due in part to the contributions made by you our Nationals, Sponsors and Friends. If you had attended any function hosted by the St. Vincent and Grenadines Association of Toronto, buy an advertisement in our Quarterly Newsletter (The Insight), advertised in the Annual Independence Brochure, and/or donated to the Relief efforts your contributions certainly went to one of the following accomplishments:

- A one year scholarship award to two College or University students in Canada
- Primary education for seven years awarded to two children in St. Vincent and the Grenadines
- Annual Children's Christmas Party for children 12 years and under
- Christmas Hampers distributed to persons in need in the Greater Toronto Area
- Bread of Life Society in St. Vincent and the Grenadines
- Liberty Lodge Group Home for Boys in St. Vincent and the Grenadines
- Medical assistance to St. Vincent and the Grenadines nationals on a Visitor's Visa
- St. Benedicts' Day Nursery and Hospital in Georgetown, St. Vincent and the Grenadines
- The Canadian Diabetic Association in Canada
- Sending supplies to the general hospital and all district clinics in St. Vincent and the Grenadines.
- Epilepsy Toronto
- Sickkids Hospital

Some of the funds donated stay in Canada and some go to St. Vincent and the Grenadines, thus, enabling families, communities, and countries to realize their developmental goals while enhancing the abilities that allow them to achieve considerable and sustainable results. This philosophical approach has significantly increased our portfolio and presence in the community, public and private sector, to a motivated, protected and stabilized position, where we extend ourselves to other communities by building positive professional capacity.

Therefore, by supporting our events, you are indirectly giving back to your community. Continue to give.

Enjoy your long awaited summer!

Marcia.

ANNUAL VINCY PICNIC

July 19, 2014

by the SVG Associations
of Montreal, Ottawa and Toronto

Brown's Bay Provincial Park,
1259 Thousand Islands Parkway, Mallorytown, ON

Exit 675 from Toronto off Hwy 401 &
Exits 675 & 685 from Montreal & Ottawa, off Hwy 401

7:00am to 6:00pm



*Activities for children, live entertainment, first SVG Idol Competition
music by Dj Ricardo of Montreal and Dj Seleka Shellz of Ottawa*

Special Attraction: Pan Am Community Tour

Meet Vincy friends and family residing in Canada, USA, and the Caribbean

*Caribbean food on Sale by Angela's Restaurant,
3268 Finch Ave East, Toronto*

**Parking tickets and bus tickets available from
SVG Associations of Toronto, Montreal, and Ottawa**

www.vincytoronto.com www.svgamontreal.com www.svgottawa.ca

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THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC.

35th Independence Banquet

Celebrating the Independence of St. Vincent and the Grenadines

Saturday, November 1, 2014

Riviera Parque Banquet and Convention Centre, 2800 Highway 7 West (Highway 7 and Jane Street)

Finalists of the Mr. SVG Toronto contest will be Judged

Tickets: (all inclusive)

Adults: \$80.00

Youths: \$60.00

Cocktails at 6:30 p.m, Dinner at 7:30 p.m.

Annual Church Service

Sunday, October 26, 2014 at the Wesley Chapel Free Methodist Church. 2385 Warden Ave, Scarborough

Refreshments will be served.

Please stay tuned for more information. Visit the SVGAT website at www.vincytoronto.com



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Over the next several issues, Insight will feature some of the members of the St. Vincent and Grenadines Association of Toronto (SVGAT) Community who have continued to play an extraordinary role in the life of the Association. Although some of these members have been honoured previously for their contributions, it is important that every now and then we celebrate our heroes. Learning about our community heroes will to inspire our younger generation to continue the good works.



Getting to Know our Community Heroes

The first hero in our series is Mrs. Joan Alexander.

The first thing that strikes me about Joan Alexander, is that she smiles a lot and has a lot of stories to tell. I've had several opportunities to travel with Joan to Association's events and during our travels Joan would regale me with stories of her young life - from the styles of dresses she wore as a young adult to the various hair-do's she tried - some worked and some didn't. But what shone through most was Joan's generosity of spirit, her genuine love of helping others and her patriotism to both Canada and the West Indies.

Joan became a member of the St. Vincent and Grenadines Association sometime in the 1970s and has been giving to the Association since then. In her younger years, she helped wherever help was needed. Now in her later years, Joan not only keeps up her membership but continues to be a very generous contributor to the Association. Whenever there is a SVGAT event, Joan picks up the phone and calls one of the executive members to find out what is needed. She has become quite famous for her donations of large cakes and/or puddings or her bags of rice or other culinary delights. I have witnessed first-hand the times when Joan got very upset about an event that she did not know of and no one called her so that she can "send something". Joan puts it this way; "It is always a pleasure to help one's own country".

Born in Kingstown Park, St. Vincent and the Grenadines, to Mr. & Mrs. George Arnold McIntosh and the granddaughter of the late Honourable George Augustus McIntosh, Joan left SVG in 1943 and went to Aruba. From there, she went to Boarding School in Trinidad and after high school attended Howard University in the United States. Joan returned to Trinidad for a few more years and eventually landed in Barrie, Ontario, in October, 1969 where her husband, Thomas, had a teaching position. Joan remembers that Barrie had "only 16 Black people at the time which includes a couple of Trinidadians". She laughingly spoke of the time she donned an African outfit and "a white man followed me around in his car - he had never seen an African outfit before".

Joan's early life in Canada was the same as for most West Indians at the time. She had great difficulty finding a job, particularly in a place like Barrie. However, she eventually got a position with the Ontario's Unemployment Insurance. Later on, Joan and her family moved to Toronto where she became a teacher. Joan chuckled as she remembered how she got her first teaching job. Working as a supply teacher whilst trying to get a permanent teaching position, Joan applied for a vacancy that came up when one of the other teachers was off sick. The principal of the school did not want to

hire her. Apparently though, Joan was well liked by many of the teaching staff and they stood up for her. The principal eventually relented and gave her the job. She was to teach Home Economics for the next 30 years with the Toronto District Catholic School Board.

When asked what she loved most about teaching, Joan replied that she derived great pleasure from helping others and felt responsible to God for every child she taught. She spoke of a time in her early teaching career when she noticed that a black student was being bullied by both teachers and students. Joan intervened to help the student and later became God-mother to two of the student's siblings. Today, the student is a successful lawyer who practices with a big law firm on Bay Street in Toronto.

This spirit of giving and helping others has been a tenet of Joan's life. This is evident not only through the various benevolent organizations she's been generous to over the years - the Grenada Boys Secondary School Alumni, Toronto Chapter; Bishop Anstey High School Alumni and the Congress of Black Women - but also through the many people she helped to immigrate to Canada. Joan thinks she may have helped about 100 people or so to come to Canada. It did not matter to her where in the Caribbean these individuals were living, if she was able to help, she did so by assisting them to get work permits. Driven by her charitable desires, Joan helped a lady from St Vincent who had eight children, the ninth was born in Canada. The lady obtained her landed immigrant status and today her children are professionals in various areas.

Joan and her husband, who passed away in 2003, have two children, Julian and Janine. Joan lives in Richmond Hill. She is first cousin to the well-known musical McIntosh family from St. Vincent - Syl, Julian, Frankie and their sister Rosie.

A devout Catholic, Joan still leads a very active life. She is a keen member of the Congress of Black Women whose goal is to assist with the development of young people and to give scholarships. She is involved in the Rosary Apostolate and teaches the Rosary in the elementary system of York Region at St. Mary Immaculate Roman Catholic School. When asked to what she ascribes her good health Joan, said simply: "By being kind, nice and polite to everyone, eating well and by having a strong genetic make up". She then spoke about an aunt who lived to 108 years and who believed that breadfruit and jack-fish helped her to live to that ripe old age.

As a teacher, Joan's advice to all young people is to "Have faith in God, aim high, study hard and keep on the right path".

Contributed by Prudence Morton

Vincy Power... We're sooooo Proud!

(Reprinted from the
Vincintian Newspaper, March, 2014)

Vincy Judge Gets US Congressional Honor

By: NELSON A. KING - US Correspondent
Fri, Mar 28, 2014



A Vincintian judge was among five Black female justices to receive a United States Congressional Honour during the all-day 3rd Annual Shirley Chisholm Women's Empowerment Conference at Medgar Evers College in Brooklyn, New York.

Justice Sylvia G. Ash, a judge of the Kings County (Brooklyn) Supreme Court in the 2nd Judicial District of New York, was on March 15, honored by United States Congresswoman Yvette D. Clarke, the daughter of Jamaican immigrants, who represents the 9th Congressional District in Brooklyn.

Clarke's mother, the trail-blazing Dr. Una Clarke, the first Caribbean-born woman to ever hold elective office in New York City, presented the award to Ash and the other honorees at a special ceremony at the culmination of the conference.

The other honorees were Justices Barbadian-born Sylvia Hinds-Radix, L. Priscilla Hall, Cheryl E. Chambers and Sharen D. Hudson.

"I am very honored to receive this award during Women's History Month from the congresswoman," Justice Ash, the daughter of the late Rudolph "Fire" Ash, of Kingstown Hill and 95th Street (Brooklyn) Labor Day Sunday Carnival fame, told THE VINCINTIAN afterwards.

"The congresswoman and her mother have paved the way for Caribbean-American women, such as me, and they are true role models for women whom I admire for their accomplishments," added Justice Ash, the niece of the late Kenneth Ash, of Lowman's Hill, who arguably revolutionized Christmas Lighting in St. Vincent and the Grenadines.

Justice Sylvia G. Ash is also the niece of the late Henry Ash and Dollis Forbes, of Kingstown Hill.

Patsy Ash-Comas, Justice Ash's aunt, is the sole survivor of eight children of Esmie and Abel Ash, of Kingstown Hill. Ash-Comas is the driving force behind the Kingstown Hill Christmas Lighting.

Prior to her election to the Supreme Court, Justice Ash was the first Caribbean-American woman to be elected as a Civil Court Judge in New York City.

A trailblazer

In 1984, immediately after graduating from Howard University School of Law in Washington, D.C., and being admitted to practice law in the State of New York in 1985, Justice Ash accepted a position as a Judicial Law Clerk in the Superior Court of New Jersey, Chancery Division. She was the first person of color to serve in that position.

Later in 1985, Justice Ash joined the legal staff of District Council 37 Municipal Employees Legal Services Plan in New York City, where she provided legal representation to the council's 125,000 state, city and municipal employees, specializing in real estate, family, administrative and immigration law.

She was the supervising attorney in the union's Family and Administrative Law Units and the chief counsel of the Immigration Law Unit.

Prior to taking the judicial bench, 2005, Justice Ash was a practicing attorney for over 20 years.

In this capacity, she was the general counsel for the National Association for the Advancement of Colored People (NAACP) Social Service Chapter in New York City, where she provided pro bono legal services to the chapter's members. The NAACP is the oldest and largest civil rights organization in the US.

Additionally, Justice Ash was very active in her community, and volunteered her legal talent and acumen to numerous civic, religious, labor and not-for-profit organizations, including youth mentorship programs, and was a strong and vocal advocate of children's rights issues.

Justice Ash said these issues motivated her to volunteer and serve as a victim services liaison for battered women and abused children.

Other current involvement

In addition to her current judicial responsibilities, Justice Ash serves as a board director on the Brooklyn Women's Bar Association; the Judicial Friends Association; Judges and Lawyers Breast Cancer Alert Association; New York Municipal Credit Union; and the Brooklyn-based Q'Kingdom Ministries, Inc., and St. Gabriel's Episcopal (Anglican) Church Senior Citizen Center.

Justice Ash is also an active member of the Brooklyn Bar Association; New York State Bar Association; New York State Association of Supreme Court Justices; New York Criminal and Civil Bar Associations; National Association of Women Judges; Columbian Lawyers Association of Brooklyn; and the Caribbean American Chamber of Commerce & Industry, Inc.

Justice Ash was the proud recipient of the Brooklyn Bar Association's 2012 Award in recognition of "Outstanding Achievement in the Science of Jurisprudence and Public Service."

- See more at:

<http://thevincintian.com/vincy-judge-gets-us-congressional-honor-p5192-148.htm#sthash.ZlktXGnF.dpuf>

Vincentian Enters Miss Black Beauty Canada Pageant

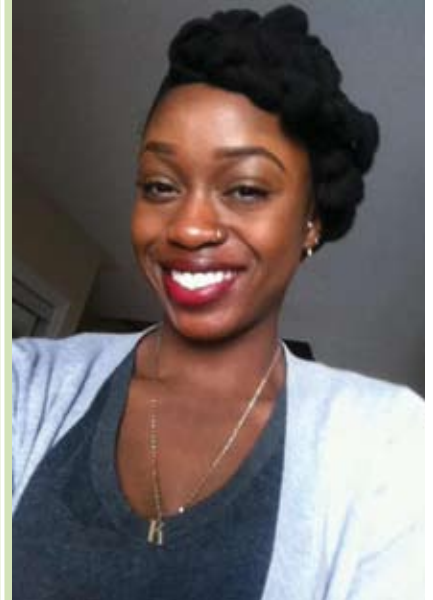
Many of our Youths are constantly looking for opportunities to showcase their talents, develop leadership skills, seek out openings for career advancements or simply to voice their opinions on community issues. Khadijah John is one such young person. When the chance to enter the Ms Black Beauty Canada pageant came along, Khadijah took hold of the opportunity and entered as a contestant.

Khadijah explains that the pageant offers many opportunities for women of colour. She sees it as a "door opener" into her chosen career in the hotel and tourism industry - She currently attends Centennial College in the Hospitality and Tourism Administration Programme. Khadijah believes that the pageant allows contestants to develop the confidence, poise and public speaking skills that would stand them in good stead in whatever their career choice.

The pageant also encourages young women to become involved in Charity causes. Ms Black Beauty Canada has a partnership with the Sickle Cell and HIV/Aids organizations, two Charities that support persons living with these two diseases that are prominent in the Black community.

Khadijah will be representing St. Vincent and the Grenadines in the pageant which will be held on August 23, 2014 at the Queen Elizabeth Theatre, downtown Toronto. As she prepares for her debut, the St. Vincent and Grenadines Association of Toronto wishes her all the best and encourages all businesses and others to lend their support to Khadijah as she takes one more step into advancing her career. Good Luck Khadijah!!

Tickets to the pageant are: \$40 Advance - \$50 at the door
email: khadijah.john@gmail.com



Khadijah John

H O M E G R O W N

(10th Anniversary)

N o s t a l g i a

SEPTEMBER 20, 2014

The St. Vincent and Grenadines Association of Toronto Scholarship Program

To encourage and assist youths to pursue their educational goals at the University, College or Trade School level, the St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) is pleased to announce that two (2) scholarships in the amount of \$1,000.00 each will be available to eligible applicants for the 2014/2015 school year.

All information regarding eligibility are listed on the SVGAT website. Please visit www.vincytoronto.com

Requirement of the Recipient(s): Recipient(s) must attend the award ceremony to receive the award and should be available to participate in future award ceremonies and serve as role models for others in the Vincentian Community.

Closing date for application of scholarship for the academic year: Completed application must be received no later than August 31, 2014. Applications can be mailed to: St. Vincent and the Grenadines Association of Toronto Incorporated. P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8.

OR email: president@vincytoronto.com
secretary@vincytoronto.com

Scholarship recipient(s) will be notified within a reasonable time if they are successful applicants and will receive their award at the St. Vincent and the Grenadines Annual Independence Anniversary Gala.

The Culture, Recreation, Education and Sports Committee (CRES) is dedicated to the education of our youths. Suggestions for programmes and/or activities that focusses on youths are welcomed. If you want be a part of the committee please do not hesitate to contact us.

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SPOUSAL SPONSORSHIPS: Then vs. Now

Contributed by: Sandra Sutherland, RCIC

The Immigration and Refugee Protection Act (IRPA) and the Immigration and Refugee Protection Regulation (IRPR) came into effect in June 2002 and introduced substantial changes some of which impacted the in-Canada and outside Canada spousal sponsorship categories. Throughout the years CIC introduced regulatory amendments which made sponsorship of spouses, common-law partners and conjugal partners more complex.

THEN

Sponsorship of spouses, common-law partners and conjugal partners were restricted only to heterosexual couples.

The fiancé class enabled couples to process their immigration applications while they were preparing for their wedding and had a specified time to get married after the applicant arrived in Canada.

If the applicant (the person being sponsored) resided in Canada and desired to be sponsored from within Canada, he/she must be in status in order to be sponsored by a spouse or partner.

A permanent resident who was previously sponsored as a spouse, common-law or conjugal partner was not restricted from sponsoring a subsequent spouse, common-law or conjugal partner.

Once permanent residence status was conferred upon a sponsored spouse, common-law or conjugal partner it was final and had no conditions.

NOW

Sponsorship of spouses, common-law partners and conjugal partners is open to heterosexual as well as same sex couples.

The fiancé class has been abolished. Couples must now be married or involved in a common-law or conjugal relationship before their applications could even be processed.

The applicant can either be out of status (i.e: an undocumented immigrant) or in status while still a resident in Canada.

A permanent resident or citizen of Canada who was sponsored as a spouse, common-law or conjugal partner is barred from sponsoring a subsequent spouse or partner for a five-year period after he/she became a permanent resident.

Applicants who, at the time of the sponsorship application, were in a relationship with their spouse or partner for two years or less and had no child(ren) in common shall (upon approval) receive conditional permanent resident status which will remain in effect for two years.

Changes to include same sex couples, exclude applicants in the fiancé class, and allow out of status applicants to be sponsored from within Canada have been in effect since June 2002. The five year sponsorship bar came into force on March 2, 2012. The two-year conditional measure only applies to permanent residents whose applications were received at Citizenship and Immigration Canada on or after October 25, 2012.

NOTE: Effective August 1, 2014 the age at which a child will be considered a dependant is being reduced, from under 22 to under 19.

Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) and immigration counsel. She is licensed with the new regulatory and governing body of immigration consultants, the Immigration Consultants of Canada Regulatory Council (ICCRC). She can be reached at (416) 431-2829 or via e-mail at ssutherland@suthernimmigration.com

View her advertisement under Suthern Immigration & Paralegal Services Inc. in this copy of Insight for more information. Mention that you saw this article or the advertisement in The Insight to receive a free consultation.

Come to the Vincy Picnic - see who will be the SVG Idol?

SVG IDOL

Organized by the SVG Unity Picnic Committee
To be held during the Annual Vincy Picnic
at Brown's Bay on July 19, 2014

This year, the organizing committee of the annual Unity Picnic is conducting a talent search for a young SVG national, between the ages of 5 to 16 years who will win the title of SVG Idol - 2014.

The finalists will compete for 1st, 2nd and 3rd place at the Unity Picnic at Brown's Bay on July 19th. All finalists will receive prizes and trophies and the SVG Idol will receive further exposure by attending the Associations' events.

See you There!



SVG Association of Toronto - Marcia Farrell (president) Tel 647 716-0181



Community Forum

News in Brief

Radiothon for SVG Relief!

Last May the Consulate Office of Toronto, along with the Consuls General of Dominica and St. Lucia, held a Radiothon titled "Rebuilding Lives" at G98.7 Radio to raise funds for the flood relief of the three countries. All monies raised are to be divided among the three countries. Approximately \$38,000.00 was pledged. A tremendous Thank You goes out to G.98.7 and Mr. Gordon for the generous donation of Radio time.

The relief effort continues at the Vincy Picnic on July 19th. Prizes will be raffled. The first prize is a plane ticket to St. Vincent and the Grenadines. All funds raised for SVG Relief goes toward the building of a house for a family who is still in shelter in SVG. Support the Relief Effort and get your ticket.

Opposition leader visits Toronto

The Honourable Mr. Arnim Eustace, leader of the Opposition party in St. Vincent and the Grenadines, paid a visit to Toronto last May. Accompanying Mr. Eustace was Parliamentarian, Mr. St. Claire Leacock, Ms Vynette Fredericks, a former Senator, and Mr. Ben Exeter, electoral hopeful. A Town Hall meeting was held at the York Civic Centre where Mr. Eustace and Mr. Leacock brought the audience up-to-date on the current political and economical climate in St. Vincent and the Grenadines. The meeting concluded with a question and answer session after which, attendees mingled and enjoyed some very delicious refreshments.

Upcoming Events

See SVGAT Calendar of Events at the top of the page

SVGAT

2014 Calendar of Events

Date	Event	Location
Saturday, July 19, 2014	SVG Unity Picnic	Browns Bay Park, 1000 Island
Sunday, July 27, 2014	General Meeting	Northwood community Centre
Sunday, August 31, 2014	General Meeting	Northwood Community Centre
Sunday, September 28, 2014	General Meeting	Northwood Community Centre
Sunday, October 26, 2014	Independence Church Service	Wesley Chapel Free Methodist Church, 2385 Warden Ave, Scarborough
Friday, October 24, 2014	Community Forum	To be advised
Saturday, November 01, 2014	Independence Gala	Riviera Parque Banquet Hall 2800 Hwy 7 (at Jane), Concord
Sunday, December 14, 2014	Children's Christmas Party	Northwood Community Centre
Saturday, December 20, 2014	Christmas Hampers	Toronto

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Health and Wellness

Risk of Early Death

By Moe Rahimian

Reprinted from Richmond Hill News, July, 2014

TV can be exciting, fun and even informative. But now, new research published in the Journal of the American Heart Association warns that too much TV may increase your risk of early death.

More than 13,000 healthy adults were tracked between 1990 and 2012. For an average of roughly 8 years, daily TV routines were monitored alongside computer use and driving habits. During that time, 97 participants died including nearly half from cancer and about a fifth from heart disease.

After looking at all of the data, the study authors concluded that adults who watched TV three hours or more per day had double the risk of premature death compared to those who watched TV for less than one hour per day.

The finding held up even after adjusting for age, gender, diet, smoking history, obesity, and time spent at a computer or behind the wheel. The team found no similar rise in death risk linked to either driving or computer use, though exactly why remains unclear.

Healthy Living

Many factors affect your health. Some you cannot control, such as your genetic make-up or your age. But you can make changes to your lifestyle. By taking steps toward health living, you can help reduce your risk of heart disease, cancer, stroke and other serious diseases:

- Get screening tests you need
- Maintain a healthy weight
- Eat a variety of healthy foods, and limit calories and saturated fat
- Be physically active
- Control your blood pressure and cholesterol
- Don't smoke
- Protect yourself from too much sun
- Drink alcohol in moderation
- Or don't drink at all

Exercise and Physical Fitness

Regular physical activity is one of the most important things you can do for your health. It can help:

- Control your weight
- Lower your risk of heart disease
- Lower your risk for type 2 diabetes and metabolic syndrome
- Lower your risk of some cancers
- Strengthen your bones and muscles
- Improve your mental health and mood
- Improve your ability to do daily activities and prevent falls, if you're an older adult
- Increase your chances of living longer

Fitting regular exercise into your daily schedule may seem difficult at first. But even ten minutes at a time is fine. The key is to find the right exercise for you. It should be fun and should match your abilities.



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Association's Profile

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

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

The early days:

The first meeting of the Association was convened Sunday, December 1, 1968 at 2 PM, at 12 Queen Street East, Toronto. The following officers were appointed: President- Dr. S. Allan Liverpool, Vice President- Mr. Fred Isaacs, Secretary- Ms. Shirley Sutherland, Treasurer- Ms. Edna Hunte, and PRO- Mr. Caley Bonadie.

Mr. M. A. Zuker, a lawyer, represented the Association in filing an application for Letters Patent at The Department of Finance & Commercial Affairs, in Toronto on November 23, 1970. The Letters Patent was granted by the Province of Ontario on February 26, 1971 under the name of "The St. Vincent Association of Toronto".

Where SVGAT is now and what are its aims?

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

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

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

Membership Registration Form

Become a Member! Join with us in achieving our goals

Mission Statement

The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) is a non-profit community-based Association. We are committed to providing assistance and support to groups and institutions in St. Vincent and the Grenadines, Ontario, and wherever the Association deems fit. We are also committed to provide an anti bias forum for Cultural, Educational, and Social and Recreational enrichment and to maintain a network of communication through information and referral.

Objectives:

- To maintain a high level of volunteerism through recruitment, training and effective utilization of skills
- To provide a forum to promote leadership and advocacy for the enrichment of Culture and Education
- To provide an anti bias environment for the discussion of matters of general interest to its members
- To plan, implement and participate in fundraising activities to meet urgent human needs.
- To promote social and recreational events to enrich the lives of Children, Youths, Adults and seniors
- To maintain a network of communication through information and referral

NAME:

ADDRESS:

TELEPHONE: E-MAIL:

FAMILY MEMBERS:

ORDINARY MEMBERSHIP: (1) Single individual - \$40.00; (2) Husband & wife or Common-Law Spouses with no children - \$70.00
(3) Family (Husband and Wife/Common Law spouses with minor children) - \$60.00

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

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

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