



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

Quarterly Newsletter July 2016

From the President's Desk

Members and Friends of the Association,

It is a pleasure to bring you greetings again on behalf of the Executive and Board of the Association.

Now that the summer months are here and you are busy with all the summer activities your friends, relatives and the City have to offer, we would like you to know that the Executive Committee and Board members, along with a team of other volunteers, have also been busy planning the usual activities of the Association and discussing suggestions for new initiatives. We thank everyone who has been offering their time and efforts.

The Walk-a-thon last June was highly successful and funds raised will go towards our scholarship program. Plans for the Unity Picnic are well underway; buses will be stationed at the usual locations. **On August 5th**, we will launch our second annual **Vincy Boat Cruise** for a three-hour cruise on Lake Ontario. This year, we have partnered with the Toronto SVG Group to organize this event. All of the Early Bird tickets have been sold but regular tickets are now on sale. Please visit our website www.vincytoronto.com to see how you can order your tickets. Later this year we will celebrate the 37th Independence of St. Vincent and the Grenadines. A preliminary meeting was held and we are pleased that the Toronto SVG Support Group and the Union Island Cultural Association along with the Consulate Office will be assisting and supporting the planning of several events to celebrate the occasion.

Apart from planning activities, this year, the Executive is focusing on fund-raising and reaching out to other SVG

organizations and community members. We invite you to get involved with your Association. Sit on a committee or two, and help build a lasting legacy for future generations. We have changed the format of our monthly meetings for the rest of the year. There will be two segments: the first segment will be devoted to the business of the Association and the other segment will incorporate an informative and socializing event. This month, our monthly **meeting will be held on July 24th** due to the Caribana activities taking place on July 31st. Our informative piece this month will feature an interactive presentation on Healthy Eating and Exercise. There will be a demonstration of some exercise movements to help keep your whole body fit. Bring a pair of running shoes and see how you can keep healthy while having fun. Healthy refreshments will be served while we socialize with one another. We hope to see you there.

On behalf of the members of the Executive and Board listed below, we wish you a Happy and safe Unity Picnic, and a most enjoyable summer!

Board:

Sandra Bobb	Dennis Bucchan
Kenneth Farrell	Marcia Farrell
Shomari Garraway	Erline Granderson
Zakiya Hutchinson	Prudence Morton
Monty Providence	

Executive:

Prudence Morton, president
Sandra Bobb, Secretary
Dennis Bucchan, Treasurer
Marcia Farrell, Public Relations Officer
Zakiya Hutchinson, Assistant sec/treasurer

Prudence Morton
President

OECS pushing forward on single space policy



CASTRIES, St Lucia, Friday May 27, 2016 – Plans are being advanced to establish a single domestic space within the Organization of Eastern Caribbean States (OECS). Top officials within the nine-member grouping will meet in Antigua and Barbuda from May 30 to June 2 to develop a framework to facilitate this arrangement, within the context of the OECS Economic Union.

Once in place, it would mandate that persons travelling within the Economic Union Area (EUA) be treated as if they would already have been cleared for entry and satisfied all required border control formalities for entry into the area. Additionally, visitors arriving from outside the space should satisfy all border control checks only at the first point of entry into the EUA and then be able to move freely within the area, without subsequent border control checks.

During the symposium, commissioners of police, chief immigration officers, comptrollers of customs, air and sea port managers and other high-ranking officials within the sub-region would discuss systems required for a harmonized border management, procedures and systems for full clearance at Immigration and Customs at the initial port of entry into the EUA, information sharing and intelligence gathering among border agencies and requirements and implications for the application of a Common Visa Regime.

Also scheduled for discussion are the mechanisms for distinguishing between the movement of personal effects and the movement of commercial goods for the purpose of applying VAT and excise taxes where necessary, and procedures for treatment of goods, including passengers' baggage and excisable goods, and personal and household effects owned by individuals relocating to another member state.

The OECS Secretariat said the symposium would target key regional partners, among them the CARICOM Secretariat, sub-agencies of CARICOM including CARICOM's Implementation Agency for Crime and Security (IMPACS), the Joint Regional Communications Centre (JRCC), and the Regional Security System (RSS).

Source: **Carribean360**

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Pediatrician made us cry for the right reasons: Porter

Dr. Robert Sutton, who retired this week, is a hero to parents, but himself has someone to thank for saving his vision



Dr. Robert Sutton, the first black doctor hired at the Hospital for Sick Children, is retiring from his pediatric practice at Coxwell and Danforth. (Carlos Osorio / Toronto Star)

Dr. Robert Sutton weeps in his office, but it's not for the same reason as all his patients, and the children of his patients who are now patients themselves, who have held a "cry fest" all week.

Goodbyes are hard, particularly to the man who met you at desperation's door and calmly ushered your sick child back to health.

Sutton is a pediatrician. He retired this week, more than 45 years after he joined a practice at Coxwell and Danforth Aves. He is also a pioneer, the first black doctor hired by the Hospital for Sick Children.

Sutton is weeping because another doctor saved his eyesight six years ago. He'd had routine cataract surgery, but an infection set in. He returned to the clinic at Toronto Western Hospital, but was sent home by the doctor. "Betty and I arrived home," he says. (Betty is his wife and office manager of the past 44 years.) "As soon as we walked in the door, the phone rang." On the phone was the ophthalmology resident who had seen him in the clinic, calling to say he'd found someone to treat his eye that night.

"He got his friend — a fellow— to get out of bed (to do the procedure) and the pharmacist out of bed to prepare the meds... Everyone agrees if I'd waited till the next morning, I would have lost the eye," says Sutton, 77, removing his glasses and dropping his face into his hands. "I feel so grateful."

The irony, of course, is that so many of his patients are in tears this week because of the kindness Sutton showed them when they, too, were nakedly vulnerable.

"He played a very, very pivotal role in my son Gavin's life," Diane Gomes says, her voice breaking. Gavin is 25. When he was 2 months old, he was diagnosed with a brain tumour. Sutton flagged it and called Gomes with the news. Years later, after he'd had three brain surgeries, and was so listless she rushed him back to the ER, she heard Sutton in the hallway. (He worked mornings in the hospital until 12 years ago.) He reassured her that her instincts were right. "That was his lesson to me — you know your son best. Stick to your guns." Sutton was my children's pediatrician for 10 years. A friend recommended him as a brilliant diagnostician.

Katherine Plumley's son Dylan had seen more than five doctors in Beijing, where they live, when they flew back to Toronto last summer and went almost immediately to Sutton's office. Dylan, then 6, had already been on two rounds of antibiotics, but he still had a fever, was peeing blood and his hands had started to peel. Her voice cracks over the line from China, describing how Sutton asked about their summer cottage plans while slowly examining him.

"He said, 'You might want to change your plans. I think it might be Kawasaki disease, a diagnosis that is very hard to catch. I think you should go to Sick Kids... you probably should go now.'"

His calmness contradicted the frantic seriousness of the diagnosis: doctors say Kawasaki disease must be treated within 10 days. Otherwise, [many die later of coronary aneurisms](#).

Dylan was treated, and has had clear echocardiograms since, Plumley says. "He wouldn't have gotten the care without Sutton."

My kids and I were relatively lucky. Sutton only diagnosed multiple ear infections and a speech impediment. But I appreciated his unflappable nature and patience. He never rushed us, despite the restless crowd in his waiting room. I loved his old-school dignity. He wore a lab coat and tie and shook my kids' hands at the end of every visit.

He grew up humbly in St. Vincent. When he was named top male student on the Caribbean island and sent to medical school in Jamaica on full scholarship, he became the first person in his family to go to university.

He came to Toronto in 1965, with his young wife, to start a five-year residency at the Hospital for Sick Children. "If you met another black person on the street, you said 'hi' because there weren't many of us," he recalls. Back then, residents did reside in the hospital, getting only every second weekend off, which meant Betty raised their two young children alone.

Once he finished his residency, he accepted a part-time position at the hospital and an offer to slowly take over the community practice of a retiring pediatrician.

Gomes, now 49, remembers meeting him when she was 4. He treated her until she was 18, and then when she had a baby at 20, he became her pediatrician. Until this week, he still treated her 17-year-old. So she's been with him for 44 of his almost 46 years. And get this: all her siblings have a similar story. The goodbye card the family gave him filled eight pages. There are 18 signatures. "To think that we can't call Dr. Sutton," she says. "An umbilical cord is being cut."

Sutton finds all the fuss amusing. All he's done, he says, is the ordinary job of an ordinary pediatrician. He's accepted hugs and offered tissues, mostly clear-eyed.

Except for the memory of that resident — the only reason he got to practise these past six years, he says. And he never said thank you personally, worried he'd land him in trouble with supervisors. But he found out his name: Dr. Talal Alabduljalil.

Four years ago, on a visit to the Blue Mosque of Istanbul, Sutton made a sizable donation in honour of the Muslim resident.

I tracked Alabduljalil down in Oregon, where he is finishing a fellowship in gene therapy for retinal diseases. He remembers Sutton and confirms the story, except the part about enlisting his friend. "I can't comment on that," he says. He, too, is humble. He was just doing his job, he says, and he's sure Sutton has helped many more people in his career than he has. He's only 35.

"Please wish him a happy retirement for me."

By **CATHERINE PORTER** Columnist

Catherine Porter's column usually appears on Fridays. She can be reached at cporter@thestar.ca

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IMMIGRATION MATTERS:

MARRIAGES: TO BE OR NOT TO BE (GENUINE) ... THAT IS THE QUESTION.

Contributed by: Sandra Sutherland, RCIC

Have you ever wondered how immigration and visa officers determine if a marriage is genuine or if it is a marriage of convenience? If you think it is an easy task to convince an officer that a relationship is genuine and not entered into for the purpose of the applicant gaining status, think again.

Immigration and visa officers are trained to look for certain telltale signs of a marriage of convenience or bad faith relationship. In order for an officer to refuse a sponsored spouse, common-law or conjugal partner based on the determination that the relationship is a bad faith relationship, he/she must show that the relationship was not genuine or was entered into primarily for the purpose of acquiring any status or privilege under the *Immigration and Refugee Protection Act*.

In my many years of representing clients with their spousal sponsorship appeals before the Immigration Appeal Division I have come across some common issues that visa officers identify as their basis for refusing to grant an applicant permanent resident status. Some of these issues include: short courtship/dating period, hasty marriage, vague development of the relationship, insufficient evidence to show combined affairs or interdependence, insufficient knowledge of spouse's background, no substantial or realistic plans for the future, differing religion, ethnicity or cultural backgrounds, and insufficient supportive evidence. One of these issues on their own would not hold up well in a refusal but, on a collective basis, any combination of these and/or other issues could indicate to an officer that a marriage is not genuine or was entered into primarily for the purpose of immigrating.

Other factors that may pose red flags in a spousal sponsorship application includes: no honeymoon, no romantic photos, insufficient or staged photographs, meeting online or via an introducer, big age gap, multiple failed marriages, marrying shortly after divorcing, no formal reception, sponsor employed in low-paying job, applicant's prior immigration history, sponsor's prior sponsorship history, supporting letters worded in the same fashion, the existence of a "poison pen" (whereby someone provides information that the relationship is fraudulent) letter, and no concrete plans for the future.

As part of the processing, officers may examine the sponsor's prior immigration history that involved the sponsorship of former spouses or partners, the existence of multiple failed relationships of the sponsor or applicant in relation to the close timing of the present marriage, and how the sponsor obtained his/her permanent resident status.

It is imperative that satisfactory information and adequate supportive evidence be provided to prove that the relationship is genuine and thus deter an officer's scrutiny and allay concerns. In order to address concerns, officers may request further documentary evidence that would support the genuineness of the relationship and/or convene an interview to allow the applicant to address the officer's concerns. If the applicant fails to allay the concerns the application for permanent resident status shall be refused. Once refused, the sponsor may exercise his/her right to appeal the officer's decision at the Immigration Appeal Division. The appeal process can be quite time consuming, intimidating and costly. At this stage it can become more complex for the sponsor to prove that his/her relationship with the applicant was and still is genuine and was not entered into for immigration purposes.

Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) and immigration counsel and is licensed with 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.

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Travelers split about dress codes when flying

CHICAGO, USA -- Some 21 percent of travelers think airlines have the right to ask passengers to change their attire before boarding a plane according to a poll conducted by GO Airport Express, a Chicago-based ground transportation company.

The survey was in response to a recent incident in which Southwest Airlines deemed a passenger's outfit inappropriate and would not let her board until she changed.



Of the 289 respondents, 31 percent disagreed; implying travelers have a right to dress as they choose, while 37 percent said they did not have an opinion one way or another.

Surprisingly, slightly more men (24 percent) responded that airlines should be able to ask people to change clothes

before boarding, compared with women at 21 percent. Several survey respondents noted that if an airline clearly states in its policies that it has a dress code, it should have every right to enforce the policy.

Others answered "yes" in instances where the questionable attire jeopardized the safety of other passengers or was inappropriate for children.

"These results indicate travelers care most about getting to where they are going and are not paying attention, or caring, what others are wearing at the airport or on a plane," said John McCarthy, president, GO Airport Express. "However, if travelers have concerns they should check the individual airline's policy regarding attire."

Published by Caribbean News Now!

SHARE YOUR ARTICLES WITH US

If you have an article or a story you would like to share with our readers. Please send your Article (s) to: vincytoronto@gmail.com

All articles must reach the association by September 10, 2016 to be published in the 2016 October issue.

St. Vincent and the Grenadines Independence Anniversary Church Service, Gala and Dance, Community Forum



and flag Raising ceremonies starting from Sunday, October 16, 2016 to Thursday, October 27, 2016

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CARICOM heads conclude latest summit in Guyana



CARICOM heads of government, representatives of heads of government and secretary-general at the opening ceremony of the 37th regular meeting of the conference of heads of government in Georgetown, Guyana on July 4, 2016

GEORGETOWN, Guyana -- The 37th regular meeting of the conference of heads of government of the Caribbean Community (CARICOM) held in Georgetown, Guyana, on July 4 – 6, 2016, concluded on Wednesday. The prime minister of Dominica, Roosevelt Skerrit, chaired the proceedings. Also in attendance as an invited guest was Michelle Bachelet, president of Chile.

Opening Ceremony

The opening ceremony was addressed by CARICOM Secretary-General Irwin LaRocque; prime minister of Jamaica, Andrew Holness; prime minister of Saint Lucia, Allen Chastanet; prime minister of St Vincent and the Grenadines, Dr Ralph Gonsalves; the president of Suriname, Desiré Bouterse; prime minister of Trinidad and Tobago, Dr Keith Rowley; and the chairman of the conference, the prime minister of Dominica, Roosevelt Skerrit.

All the speakers paid tribute to the former prime minister of Trinidad and Tobago, Patrick Manning,

who passed away on 2 July 2016, just prior to the conference.

In his remarks, the secretary-general said that as the Community celebrated 43 years there was “ample evidence over the four decades of the value and benefit of pooling our skills and resources.” He also outlined some of the areas that the conference would address including correspondent banking, crime and security, non-communicable diseases, free movement, the regional economy, the CARICOM Single Market and Economy (CSME) and on the foreign affairs front the United Kingdom’s vote to leave the European Union. Bouterse called for swifter action on diversification of the regional economy. He proposed that the services industries be developed to the point where they became “solid foreign currency earners” characterised by sustainability. He urged member states, particularly those dependent on the extractive sectors, to come together and brainstorm on solutions to the myriad challenges confronting them. Holness called for the movement of labour throughout the Caribbean Community to be made as easy as that of the movement of goods. He emphasised that for many, including the man in the street, freedom of movement represented a tangible benefit of regional integration. He also advised that Jamaica would be pursuing increased bilateral relationships with its CARICOM counterparts. Chastanet said that the promise of regional integration is “slowly starting to put some flesh on our bones in some areas.” He added that policies and structures that were languishing needed to be reviewed so that new and more effective ones could be put in place. He challenged the region not to be afraid to do more as it had already demonstrated its ability to punch above its weight in the international community.

Gonsalves said that CARICOM needed to deepen the integration process. Further, he stressed the need to acknowledge the achievements and “see how we can build on them rather than beating up on ourselves needlessly.” He warned against pessimism and a learned helplessness. Notwithstanding all the

challenges of regionalism, Gonsalves reaffirmed the primacy of completing the CARICOM Single Market and Economy for continued progress in the region. Rowley affirmed the importance of CARICOM to his country. He pledged to continue the legacy of Manning, whom he described as “a Caribbean man who was committed to excellence and to the Caribbean Community. He pointed out that security was central to the economy, well-being, progress and quality of life of the Community.

Skerrit reminded the audience that CARICOM was a primary community built on empathy and caring for each other. He said that at the individual level this is continuously being reinforced, whenever or wherever people interact. He called on all to work together to strengthen cooperation and collaboration so as to create a stronger, more vibrant community.

“Let us therefore focus more closely on what needs to be done to strengthen CARICOM, to make it more economically competitive and generate resources to sustain our togetherness. Our resilience is being tested more than before, but we have proven time and again that we are strong,” the chairman said.

Tribute to Patrick Manning

Heads of government expressed their deep sadness at the passing of the former prime minister of Trinidad and Tobago, Patrick Manning.

Manning displayed the finest qualities of regionalism and had an unswerving commitment to building his country and the wider CARICOM. His progressive ideas for strengthening the regional integration movement led to many initiatives which redounded to the enhancement of the sense and spirit of community among member states.

Manning’s genuine desire to create a more equitable Community led to such initiatives as the Petroleum Stabilisation Fund which he established as a facility to provide member states with financial assistance. This was a tangible demonstration of goodwill and solidarity with member states faced with high oil prices from which his country benefitted.

His view of Trinidad and Tobago’s role in CARICOM went beyond the financial as he routinely

rendered unselfish and immediate support to member states in times of natural disasters.

As lead prime minister for security in the CARICOM quasi-cabinet, he oversaw the security arrangements for the Cricket World Cup 2007 and his proposals led to the formation of the CARICOM Task Force on Crime and Security. The implementation of its recommendations improved the nature and quality of co-operation in that area leading to the establishment of very important agencies and institutions which continue to serve and protect the Community’s security interests. It also resulted in security co-operation being adopted as the fourth pillar of the integration movement.

Manning’s deep concern about the ravages of chronic non-communicable diseases, as highlighted by the region’s experts, led to the historic regional summit on the issue.

Regional Security

In light of the continued threats to the region’s security, heads of government agreed on ways to deepen and strengthen co-operation in this area. In that regard, they approved a review of the CARICOM Crime and Security Strategy (CCSS).

They emphasised the importance of aligning national security plans to the CCSS in order to avoid duplication in intervention support.

Heads of government also stressed the important role IMPACS continued to play in the Community’s effort to address crime and security and reaffirmed their commitment to strengthen the institution.

Heads of Government agreed that urgent steps should be taken for completion of a number of critical regional security agreements. They prioritised the completion of the CARICOM Arrest Warrant Treaty, an essential instrument to address cross-border crime. They agreed that this treaty should be finalised before the end of the current year.

CARICOM Single Market and Economy

Heads of government received an update on the status of the CSME and agreed that a comprehensive review would be considered at the inter-sessional meeting next February. They also agreed that there should be

an intensified public education campaign in member states aimed at all levels of the society. The education programme should highlight the benefits and provisions of the CSME.

Heads of government received an update on the work of the CARICOM Commission on the Economy, which focussed on fiscal sustainability, private sector stimulation, business regulatory environment, transitioning to sustainable growth and resource mobilisation. Heads of government also approved continuing initiatives in these areas.

Heads of government received a report of the economic performance of member states in 2015, which showed mixed results. They noted the technical support given by the Caribbean Development Bank (CDB), Caribbean Export, Inter-American Development Bank (IDB), and the United Nations Economic Commission for Latin America (UNECLAC) to the work of the Commission.

Heads of government reaffirmed their commitment to the implementation of all elements of the CSME regime.

Facilitation of Travel within the Caribbean Community

Heads of government discussed the issue of facilitation of travel. They noted that the overwhelming majority of travelling citizens were moving throughout the Community without hindrance.

They however urged member states to comply with the relevant decisions taken by the Community and the rulings of the Caribbean Court of Justice and take all appropriate measures to give full effect to the free movement regimes. They reaffirmed the principle that persons were to be treated with dignity at ports of entry. Heads of government mandated the CARICOM Secretariat to convene a meeting of chief immigration officers, CARICOM ambassadors, and other relevant officials by 30 September 2016, in order to address the challenges being experienced by Community nationals travelling throughout the region. Heads of government reminded member states to submit statistics annually to the Secretariat

on the refusals of entry and the operation of the free movement regimes and that these statistics must be submitted by 31 January of the following year.

Correspondent Banking

Heads of government reviewed the latest developments with respect to efforts to resolve the issue of de-risking severely affecting member states. They emphasised that correspondent banking was an important global public good and the current de-risking strategy was discriminatory and counterintuitive to good public policy. They reiterated that CARICOM's trade, economic welfare and the transfer of remittances were gravely affected by the de-risking strategies of foreign banks.

In expressing concern that there was little progress on resolving the issue, heads of government agreed that CARICOM would continue its robust and unrelenting advocacy on the issue and that the Committee of Ministers of Finance on Correspondent Banking should maintain the current high level engagement. Heads of government also agreed to host a global stakeholder conference on the impact of the withdrawal of correspondent banking on the region which would include banks and regulators from the region, the United States of America, Canada and Europe, international development partners and representatives from civil society.

Information and Communication Technology for Development (ICT4D)

Heads of government received a presentation on the draft roadmap for the Single ICT space and agreed that their ministers responsible for ICT would meet in September, 2016, in order to make appropriate recommendations to the Conference.

Border Issues

Belize-Guatemala Relations

Heads of government received an update on the most recent developments between Belize and Guatemala. Heads of government expressed their full support for the government of Belize as it enters the process of dialogue and welcomed the decisions of the government of Belize and Guatemala to engage in the design and development of a mechanism of

cooperation for the Sarstoon River, which marks Belize's southern boundary. They urged them to complete this at the earliest opportunity.

Heads of government expressed support the continuous and critical role of the Organisation of American States (OAS) in the process aimed at resolving the dispute arising from Guatemala's claims and further calls on the international community to continue supporting the OAS office in the Adjacency Zone. The conference of heads of government also supports the efforts of Belize and Guatemala to move deliberately to fully implement the special agreement of 2008 between Belize and Guatemala to submit Guatemala's territorial, insular and maritime claims to the International Court of Justice. The heads of government emphasised their unflinching support for the sovereignty, territorial integrity and security of Belize.

Guyana-Venezuela Relations

Heads of government received a report on recent development in the relations between Guyana and Venezuela. They also received a report on the current efforts of the secretary general of the United Nations proposing a way forward to the two countries towards a decisive end to the controversy.

Heads of government noted with appreciation that the secretary general of the United Nations attaches the highest priority to finding a solution to the controversy which arose out of Venezuela's contention that the Arbitral award of 1899, which definitively settled the land boundary between Guyana and Venezuela, is null and void.

In that regard they signalled their full confidence in the secretary-general to exercise urgently his authority under the 1966 Geneva Agreement for a choice of options that would bring the controversy to a definitive and judicial conclusion that would be beneficial not only to Guyana but the Caribbean Community as a whole.

Heads of government reiterated their full support for the sovereignty and territorial integrity of all CARICOM states and their entitlement to rights regarding maritime zones under international law.

Cricket

Heads of government decided to reconstitute the Prime Ministerial Sub-Committee on Cricket with the prime minister of St Vincent and the Grenadines, as the chairman. They agreed that the other members would be the prime minister of Barbados and the prime minister of Jamaica. Membership of the sub-committee will be open ended as is the case with all CARICOM prime ministerial sub-committees. The committee will address all matters related to West Indies cricket including those that were being addressed by the Cricket Governance Committee. Heads of government expressed appreciation to the prime minister of Grenada, Dr Keith Mitchell, for his untiring efforts in furtherance of the development of West Indies cricket.

Action Plan for Statistics in the Caribbean

Heads of government endorsed the importance of statistics to the region's efforts to attain sustainable development, continuous improvement in the standard of living, empowerment of Community nationals, governance, planning and policy making and progress towards the CSME.

Heads of government considered and endorsed the action plan which among other things seeks to strengthen national statistical systems. The plan enables the upgrading of the information and communications technology infrastructure and provides overall support to human resource development.

Heads of government also agreed that the UN secretary general should be advised that with regard to the statistical work carried out by the United Nations statistical system, the Community should be viewed as a distinct grouping within the Latin America and Caribbean area. They viewed this distinction as fundamental as it was based on the unique challenges that are faced particularly by small island developing and low lying coastal states (SIDS) that constitute this grouping.

Health and Development

Heads of government addressed health related issues affecting the development of the region, specifically non communicable diseases (NCDs), the regional response to HIV and AIDS, and the Every Caribbean Girl, Every Caribbean Woman Initiative (ECGECW). As the tenth anniversary of the historic Port of Spain Declaration “Uniting to fight the Non-Communicable Diseases (NCDs)” draws near, the heads of government recognised the progress made in addressing the issue. They acknowledged, however, that progress was variable and agreed to adopt a more holistic approach. In this regard, they pledged to address issues such as the banning of smoking in public places; trade related measures; banning advertisement of potentially harmful foods which specifically target children; and elevating taxes on foods high in sugar, salt and trans-fats.

Heads of government endorsed the ECGECW initiative intended to address key sexual and reproductive health concerns of girls and women in the Caribbean. The objectives of ECGECW are to reduce teenage pregnancy, prevent cervical cancer, and eliminate mother to child transmission of HIV. Heads of government noted the 2016 UN Political Declaration on Ending AIDS: On the Fast-Track to Accelerate the Fight against HIV and to End the AIDS Epidemic by 2030. Recognising the contraction of external funding to support the regional response to HIV and AIDS, heads of government committed to taking collective advocacy to fill remaining gaps in funding to support ending the AIDS epidemic in the region.

Rules of Procedure for the Meetings of the Conference

In their continuing efforts to reform the operations of the Community as agreed in the Strategic Plan, heads of government considered and adopted the draft rules of procedure for meetings of the conference.

Political Situation in Suriname

Heads of government were briefed about the recent

political developments in Suriname by the president of Suriname Desiré Bouterse, in relation to a ruling by the Military Court of 9 June 2016, whereby the legislative powers in Suriname were affected.

Heads of government were informed about the decision of the government of Suriname to apply Article 148 of the constitution of Suriname, whereby the public prosecutor was ordered to cease the legal procedure in a particular case so as to allow the constitutionally legal mechanisms to fulfil their tasks in an orderly manner. Heads of government noted the information provided by the president of Suriname and expressed their view that the matter was an internal one.

CARICOM and Cuba

Heads of government recalled the Community’s longstanding relationship with Cuba and recognised the need to seize the trade, business and investment opportunities, including those in tourism, presented by the evolving situation in Cuba.

Heads of government agreed that every effort will be made to conclude negotiations for a second protocol to the Trade and Economic Cooperation Agreement to allow for signature before the end of 2016.

Heads of government expressed satisfaction with the ongoing normalisation of relations between Cuba and the United States and took note of the consequent changes in the geopolitical and geo-economic environment of the region.

Heads of government reiterated their call for the lifting of the US trade and economic embargo against Cuba.

Relations with the Dominican Republic

Heads of government reiterated their deep concern about the human rights situation of Dominicans of Haitian descent rendered stateless by the Constitutional Court ruling on nationality. They agreed to continue the region’s advocacy in international fora and bilateral meetings to alleviate the plight of these persons some of whom have been deported to a country with which they have no links. Heads of government also expressed concern over the humanitarian situation of Haitian migrants deported

from the Dominican Republic and other Haitian returnees.

Heads of government further agreed to engage directly, as appropriate, with the Dominican Republic on the matter of statelessness and the required remedies.

Exchange of Views with Special Guest

Heads of government welcomed the visit of President Michelle Bachelet of Chile. They noted the visit symbolised the renewal of longstanding political and cooperation relations with a country which has been long supportive of the Community through its institution and capacity building projects in a wide diversity of areas.

The two parties observed that they share common interests and concerns. These include the importance of economic growth as a means to equitable and sustainable development, poverty eradication, the adverse impact of climate change, and the need for resources to address the resulting burdens, vulnerability to disasters, and protection of the seas. Heads of government were of the view that strengthening the relationship between CARICOM and Chile was of mutual interest. To this end, it was proposed to bolster the framework for political dialogue and to pursue further projects of South-South cooperation as well as trade and investment

links.

Heads of Government agreed to heighten political engagement and expand technical co-operation to include climate change, the Sustainable Development Goals and trade co-operation.

Brexit

Heads of government viewed Britain's exit (Brexit) from the European Union (EU) as a watershed event in current world affairs whose geopolitical and geo-economic repercussions would be far-reaching and long-lasting.

They received a detailed brief on the political, diplomatic, trade, economic and financial implications of Brexit for the region as well as recommendations for addressing them.

Heads of government agreed that CARICOM should continue to monitor developments as the exit process unfolded and underlined the importance of a common and structured approach that married the technical, political and diplomatic.

Heads of government emphasised that the United Kingdom and the European Union remain strong and valued partners of the Community.

The 28th intersessional meeting will be held in Guyana on a date to be announced in February 2017.

Published by Caribbean News Now!

Ingredients: Coconut-Lime Cheesecake with Mango Coulis

3/4 cup sweetened flaked coconut	1 tablespoon lime zest
3/4 cup crushed gingersnap cookies	2 tablespoon lime juice
3 tablespoons melted butter	1 tablespoon coconut extract
2(8 ounce) packages cream cheese, softened	2 cups cubed fresh mango
1(10 ounce) can sweetened condensed milk	1 teaspoon white sugar, or more to taste
2 eggs	Add all ingredients to list

Preheat oven to 325 degrees F (165 degrees C). Lightly grease a 9-inch springform pan.

Combine the coconut, gingersnap cookies, and melted butter in a bowl; mix until evenly moistened. Press the cookie mixture into the bottom and slightly up the sides of the prepared pan.

Bake the crust in the preheated oven until browned and set, about 10 minutes. Set aside to cool.

Reduce oven heat to 300 degrees F (150 degrees C).

Beat the softened cream cheese in mixer bowl until smooth. With beater set to medium-low, slowly pour the condensed milk into the bowl, mixing only until just blended, stopping to scrape the sides of the bowl as necessary. Add the eggs, individually, allowing the first to blend into the mixture before adding the second; again, scrape the sides of the bowl as necessary.

Pour about half of the cream cheese batter into a separate bowl. Stir the lime juice and lime zest into the portion in the new bowl; pour the batter over the crust in the springform pan, smoothing into an even layer.

Stir the coconut extract through the remaining cream cheese batter; pour over the lime-flavored batter in the springform pan, smoothing into an even layer.

Bake in the preheated oven until the top of the cheesecake springs back when gently pressed, about 45 minutes. Turn oven heat off, but leave cheesecake inside with oven door slightly ajar until the oven cools completely. Refrigerate until completely chilled.

Prepare mango coulis by pureeing the mango with sugar until smooth. If too thick, add a teaspoon of water at a time, using just enough to make pourable. Drizzle over cheesecake when plated.

THINKING AND COPING WITH LIFE'S ISSUES

Coping is at the heart of life. Everyone is either coping well or is experiencing difficulty dealing with the tough issues of life. Coping means one's involvement with the difficulties of life that confronts us as human being.

Coping is expending conscious effort to solve personal and interpersonal problems. It even extends to bigger issues of national and international gravity and how we allow them to impact us on a personal level. Most people would try to mitigate the impact of stress and eliminate conflicts. It is not always possible to overcome our difficulties, but it is important to have a healthy mental attitude to the difficulties encounter. The effectiveness of your coping strategies will depend on the level of stress and stressor.

The attitude with which we approach our difficulties may sometimes lead to depression is very important to the resolution. Attitude has to do with mind-sets. These mind-sets are formed through our socialization and other developmental factors. So, a person who does not cope well with stress may have witness their parents worrying about issues and think that's the way to respond or react to difficult circumstances. On the other hand, a person who may have had healthy social attachment with parents responded to life's challenges in a more positive way, similarly may develop better coping mechanisms.

Let us get more specific. What is your attitude to work, co-workers, financial resources, short comings etc. Your response to the above says whether you are doing a good job at coping. To expand further, a person with a healthy bank account may worry more than a person with no money at all. The difference is the mental attitude to money. You can use money as a tool or money can be your master. Even when there is not enough money, a healthy mental attitude of faith and hope (expectation) make one feels as if he has millions. In other words, what makes you worry is your response to the situation, rather than the situation itself. If you lose your job, you can say there is a better job out there for me or you can respond to that situation with resentment which could lead to depression.

Think of this, 40 -60 percent of patients who suffer with heart disease suffer from depression. Stress is

the key in understanding the association between depression and heart disease. It is a fact that stress can lead to depression and depression in turn can become stressful.

One of the prerequisites to depression is faulty thinking. Depression is a malady which affects one's mood. When a person is depressed, he becomes overwhelmed with sadness and despondency. A situation doesn't have to be accurate for one to get depressed; their thinking makes them believe it to be true and as a result, their brain does not produce the dopamine which is responsible for that person's feelings of wellbeing.

Thinking can change how you feel about the situation. "A merry heart is good medicine and a cheerful mind works healing." Prov. 17:22. Your ability to cope is consistent with healthy and positive thinking. The source of this type of thinking is rooted in truth. You must know who you are and that you are precious. You must also know that God loves you and that He cares for you. You are the product of your thinking.

Dr. F. Gevandeau Wilson, DCC (Pastor, Psychotherapist, Entrepreneur)

SVGAT

*General Meeting takes place at
Northwood Community Centre*

*Next meeting is scheduled for: Sunday,
July 24, 2016
at 4:30 p.m.*

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

MEMBERSHIP OPEN TO ALL. JOIN NOW!





Membership Has Its Rewards



Through the Arbor Alliance Program offered by Arbor Memorial Services **members** of St. Vincent and the Grenadines Association of Toronto Inc. (SVGAT) and their families are eligible for preferential pricing on cemetery and funeral services and products.

Members and their immediate family are eligible for a 10% discount on products and services when pre-purchased, and a 5% discount when purchased at the time of need at any of the company's funeral homes or cemeteries.

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To find out more about the **Arbor Alliance Program** please contact any member of the SVGAT executive or

Gideon Exeter of Pine Ridge Memorial Gardens by email at gexeter@arbormemorial.com or phone 416-992-4253.

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