

INSIGHT

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

KEEPING OUR COMMUNITY INFORMED THROUGH COMMUNICATION

May 2016

FROM THE PRESIDENT'S DESK

I would like to introduce myself as the current president of the St. Vincent and Grenadines Association of Toronto Inc. On April 24th, I was elected to the position to fill the vacancy that came about unexpectedly. While I appreciate the confidence that has been placed in me, I also know that it would take commitment, dedication and hard work to carry out the mandate of the organization. However, with your support the challenge will be easier to meet.

Our main focus this year is to raise funds in order to serve you better. This will require teamwork, innovative thought and commitment. These three attributes spell success. Therefore, it is with this belief that the Associa-

tion will be reaching out to other SVG groups to work together for the common good of our community. We have started the ball rolling by partnering with the Toronto SVG group in launching the 2nd Annual Vincy Boat Cruise as a fundraiser. Please see the flyer on page three and spread the word to your family and friends. Spend an evening dancing to two of Toronto's popular DJs while cruising the Toronto Harbour. Dance under the stars on the outer or inner deck of the Enterprise 2000 or 'ole talk' with your friends and family on the upper deck while you watch the sunset. There's something for everyone.

Although the Vincy Boat Cruise demonstrates teamwork, the story below of the Cumberland House project is a fantastic example of what can be accomplished when SVG nationals put their minds together. When the call

The Cumberland House project comes to fruition!



The House

by Consul General, Fitzgerald Huggins

Today, I am very proud to report to you that on April 26, 2016 at precisely 11:00 a.m. the house that you participated in building for a family who was left homeless by the December 24th 2013 floods was handed over to the family of Florestine Spring, of Fitz Hughes.

41 year old Ms Spring was selected for the donation through a fact-finding mission conducted by the Lions Club of St. Vincent South and the National Emergency Management Organization (NEMO). The flooding had washed away Ms Spring's entire two bedroom house and her family lost all their belongings. Ms Spring is the mother of six children and three grandchildren.

It is the very first time a project of this magnitude has ever been undertaken in the Canadian diaspora. The Toronto ADHOC Committee and the various community groups throughout Canada who came together for this project are



FLORESTINE SPRING receiving the keys to her new home from Lions Club St Vincent South President Michael John



Representative of the SVG ADHOC Committee June Huggins

... continued on next pages

From the President's Desk, continued

came from the Consulate to join with other SVG groups to form the ADHOC Committee to respond to the devastation resulting from the SVG floods, the SVGAT, under the then president, Marcia Farrell, not only responded to the call but was already spearheading a clothing and food drive by establishing drop-off centres across the GTA. All of the various SVG groups worked together under the auspices of the Consulate to pack and ship emergency items to SVG and then went on to build a House for a needy family. The Cumberland House Project is a lasting legacy for the Toronto SVG Diaspora and it is a legacy of which we should all be extremely proud.

The Association's Scholarship Program is also one that we plan to make

Cumberland House Project continued

very excited about their achievement. It was through your donations and your participation in the many fund-raising activities that made this mission possible. You are to be congratulated for your efforts and your generosity and on behalf of Ms Spring and her family I want to say a very hearty "Thank You" for all who made this project a possibility.

The Cumberland House project came about after the flooding when the Diaspora Community Groups in Toronto came together at a meeting organized by Mrs. Shelley John, SVG Tourism Executive Toronto, to form the ADHOC relief Support Committee. I was on vacation, at the time, in St Vincent.

The Group's mandate was to manage fundraising events to build a house for a family devastated by the floods. The ADHOC committee comprised of the following community organizations:

The St. Vincent and Grenadines
Association of Toronto Inc.
SVG Relief, Education & Medical
Association
Toronto SVG Support Group
Bequia Social Organisation
Union Island Cultural
Association.



This group was formed under the auspices of the Consulate of St Vincent and the Grenadines Toronto and chaired by myself as Consul General.

The objectives set out by the ADHOC Committee then were to:

- Manage the short term support for victims of the floods through donations of food, supplies, clothing etc
- Manage a long term project to better the lives of a family in need by building at least one house.

Building a house cost money and our objective was to find that money through various fundraising activities namely:

- A Raffle
- Donations from groups, churches, individuals and organizations
- Radiothon on Toronto most listened to Urban station G98.7 FM

Within nine months of fundraising activities, the Committee raised CAN\$38,000 the equivalent of EC\$80,000 at the rate of exchange in October 2015.

This project could not have been possible without the involvement of state agencies namely Prime Minister of St Vincent and the Grenadines, National Emergency Management Organization (NEMO), Housing and Land Development Corporation, Ministry of Housing and Land and the Lions Club St Vincent South.

It is important that I thank specially the Lions Club, St Vincent South headed by President Michael John and his team for their stewardship and industry during the life of the project.

a lasting legacy in our community. Part funding for this program comes from the Association's annual Walk-A-Thon. The event will be held this year on June 26th. Come out and Walk for Education or make a pledge. Visit our website at www.vincytoronto.com for more information.

As we go forward this year, we would like to hear from you. Send us your ideas and suggestions on how we can make the Association work better for you or come out to our monthly meetings and become part of our team. Together we can accomplish great things!

Prudence

The Lions Club South and the ADHOC committee worked in synergy and exhibited exactly how the Diaspora can work in tandem with groups at home to achieve greatness.

The Prime Minister also got personally involved to make sure all the necessary legal instruments were in place with regard to finding the land and administration. We wish to thank him for his timely intervention when the project seemed to have gotten stuck.

My wife, Mrs. June Huggins, who was in St. Vincent at the time of the handing over of the house was able to read a speech at the handing over ceremony on my behalf in which I thanked all those who supported this project. I also told the Spring family that the AdHoc Committee of Toronto is extremely proud of this project and wanted them to use it to better her family.

Apart from all of the various government and/or private corporations in SVG whom I thanked in my speech, I wish to thank the following groups and individuals in Toronto for their support:

Staff of the Consulate of St Vincent and the Grenadines Toronto
ST. Vincent and the Grenadines Association of Toronto
Bequia Social Organization
SVG REMA
SVG Association of Ottawa
Thousand Island Picnic Committee
Gospel Café
Ginga Fitness Ltd.
Miss Taisha Lewis
Union Island Cultural Association
SVG Association of Vancouver
SVG Association of Winnipeg
Light and Life Ministries
Toronto SVG Support Group
Mrs. Rhonda Metelsky
Members of the AD Hoc Committee
Churches and various donor agencies.

All persons who bought tickets for raffle and who donated to the Radiothon on G98.7 FM The Staff of G98.7 FM and Manager Fitzroy Gordon

This project is proof that great things can happen when we work together.

TORONTO CONSULATE OFFICE

(Please note our new suite number, 403)

Consulate General of St. Vincent
and The Grenadines
55 Town Centre Court, Suite 403
Scarborough, Ontario, M1P 4X4

Mr. Fitzgerald Huggins
Consul General

Tel: (416) 398-4277 Fax 416) 398-4199
Email: consulategeneral@rogers.com

Come join us for a fun filled Vincy Boat Cruise

Second Annual Boat Cruise Launched

The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) in partnership with the Toronto SVG Support Group, has launched its second boat cruise around the Toronto Harbour to raise funds for its charitable programmes.

On August 5, 2016, about 400 passengers will board the "Enterprise 2000" for four hours of fun. After the prodigious success of our first boat cruise, Mr. Gideon Exeter, leader of the Project, invites you to "Come out and enjoy yourself while making a contribution that will benefit our community here in Canada and in SVG."

But hurry; it's filling up!

It's Bigger!

2nd Annual Vincy Boat Cruise!

It's Better!

Friday, August 5th, 2016

Dance to the Popular DJ "Sting" & DJ "Fusion"

Aboard the Enterprise 2000
Boarding time: 7:00 p.m.
242 Cherry Street, Toronto

Admission: \$55.00

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Part proceeds to SVGAT Scholarship Program, Lions Club South - SVG and Rotary Club South - SVG.
The St. Vincent and Grenadines Association of Toronto Inc. in partnership with The Toronto SVG Support Group

THE SVGAT WALK FOR EDUCATION WALKATHON

June 26th, 2016
Monies raised go towards our scholarship fund
We meet at Jane/Finch Mall at 10:00 a.m.
st on Finch Ave., South on Keele Street, West on
Sheppard Ave. and finish at Northwood Park.
It's a scheduled five (5) kilometer walk. We walk E



There will be a picnic at the end of the walk at Northwoods Park.
Bring your Picnic baskets and also corn for roasting.

For more info and pledge sheet call:
Petra Ryan Phillips tel: 416.840.7346
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SVGAT 2016 Calendar of Events

Date	Event	Location
Sunday, June 26, 2016	Walkathon	Northwood Community Centre
Saturday, July 16, 2016	Unity Picnic	Brown's Bay, Ontario
Sunday, July 31, 2016	Monthly General meeting	Northwood Community Centre
Friday, August 5, 2016	Vincy Boat Cruise	The Enterprise 2000
Sunday, August 28, 2016	Monthly General Meeting	Northwood Community Centre
Sunday, September 25, 2016	Monthly General Meeting	Northwood Community Centre
Sunday, October 16, 2016	Thanksgiving Service	TBA
Saturday, October 22, 2016	Independence Gala	TBA
Sunday, October 23, 2016	Youth Forum	TBA
December 10, 2016	Children's Christmas Party	Northwood Community Centre

. Visit our website at www.vincytorono.com for additional information

Immigration Matters

SERVICES AVAILABLE TO NON-STATUS RESIDENTS IN TORONTO

Contributed by: Sandra Sutherland, RCIC

Citizenship and Immigration Canada (CIC) has adopted a new name and a new outlook. Shortly after the Liberal government took office they rebranded Citizenship and Immigration Canada as Immigration, Refugees and Citizenship Canada (IRCC). John McCallum, the Liberal MP for Markham, Ontario is now the new Minister of IRCC.

Along with the change in government (in October 2015) and a new Minister came proposals for changes to immigration policies and operational instructions, the *Immigration and Refugee Protection Act and Regulations*, and the *Citizenship Act*. The Minister has

already increased the number of Syrian refugees which the government plans to resettle in Canada in 2016 from 25,000 upwards to 50,000. There was also an increase of the previous 5,000 cap for new and complete application intake of parents and grandparents family class sponsorship to 10,000 in 2016 and 2017 with a proposal to maintain this cap every year.

There is a plan to increase the admission level of new permanent residents to Canada in 2016 with a view towards giving special attention towards family reunification. The 2016 target level of 300,000 is approximately 7.4% higher than the 2015 target level. The breakdown in classes for the 2016 target levels depict an increase in the family categories, a decrease in the economic classes, an increase in the refugee categories, and a decrease in the humanitarian category.

The following are some of the 2016 proposals to amending the Citizenship Act:

	CURRENT ACT	PROPOSAL
Residency requirement:	4 out of 6 years (1460 days)	3 out of 5 years (1095 days)
Counting time in Canada prior to becoming a permanent resident towards residence for citizenship:	Not Applicable	Applicable
Requirement of physical presence in Canada:	183 days minimum per year in 4 out of 6 years	Not applicable
Age range for language and knowledge requirement:	14 to 64 years of age	18 to 54 years of age
Applicants' intent to reside in Canada in the future:	Applicable	Not applicable
Authority to revoke citizenship from dual citizens:	Authority to revoke citizenship for acts against Canada's national interest (even if Canadian born).	Not applicable

The Minister was swift in tabling amendments relating to immigration. These amendments include, but are not limited to, granting additional points under the Express Entry system to applicants who have siblings in Canada, eliminating the conditional permanent resident status by removing the two year wait period for sponsored spouses thus granting immediate permanent residency, and restoring the maximum age for dependent children to 22 from 19.

As the Liberals gain more and more momentum as the years advance it is probable that more amendments would be made to make the immigration, refugee and citizenship policies and processes less stringent than it had been progressing to over the past years.

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.

Harriet Tubman to appear on the US \$20 bill

<http://www.colsoncenter.org/wfp-home>

Black abolitionist leader Harriet Tubman will appear on the front of the \$20 bill, relocating the slaveholding former president Andrew Jackson to its rear, and founding father Alexander Hamilton will remain on the face of the \$10 bill.



The changes were announced Wednesday by Treasury Secretary Jack Lew as part of a historic overhaul of U.S. currency aimed at addressing America's legacy of slavery and gender inequality. They came after a viral online campaign to feature a woman on the currency and, later, a push to preserve Hamilton's place by historians and fans of the hit Broadway musical bearing his name.

Lew called Tubman's story "the essential story of American democracy" and the power of an individual to make a difference, adding that "so much of what we believe has changed for better for this country is reflected in what she struggled for."

The saga over how U.S. currency would recognize the role of women and minorities has been fraught since the Treasury's announcement last summer that it would seek to feature a woman on the \$10 bill, the next in line to be redesigned with additional features to guard against counterfeiting and to assist the blind.

The choice involved questions of who, on millions of pieces of paper currency, would represent the achievements of women and minorities in American history, and which historical figures to displace to make room for them.

In the hotly anticipated unveiling, Lew described other changes to the \$5 and \$10 bills. Fans of Hamilton had worried that an announcement last year by the Treasury that it would put a woman on the \$10 bill would displace the father of the modern U.S. economic system. But the new \$10 bill will now recognize the role of women by featuring on its back an image of the 1913 march for women's suffrage that ended at the Treasury Department. It will also honor women's suffrage leaders such as Susan B. Anthony, Elizabeth Cady Stanton and Sojourner Truth.

The back of the new \$5 bill, which features Abraham Lincoln on the front, will honor the civil rights movement with depictions of Martin Luther King Jr., Eleanor Roosevelt and black opera singer Marian Anderson, who famously sang on the steps of the Lincoln Memorial in 1939. Treasury hopes to release the design concept for the new bills by 2020, the 100th anniversary of women's suffrage, but it could take years more for all the bills to enter circulation.

"It is just absolutely beautiful to replace Andrew Jackson with Harriet Tubman, because where Jackson represented the worst side of American history, Tubman represents the best ideals of American democracy," said Kari Winter, a professor who studies slavery and dissent at the University

at Buffalo. "She really represents the highest ideals of community, working for the common good, thinking about others beside yourself, risking everything for justice."

Tubman, who was born a slave in Maryland about 1820, will be the first African American and first black woman whose picture appears on U.S. currency. She helped bring dozens of slaves to freedom in her lifetime through the network of abolitionists and safe houses known as the Underground Railroad. She escaped when she was in her 20s but returned to secretly help her family members and dozens of other slaves escape to freedom. Tubman suffered from fits and seizures, the result of physical trauma received when she was a slave, according to Catherine Clinton's biography of Tubman, called "Harriet Tubman: The Road to Freedom."

Later in life, she served as a Union Army spy during the Civil War, where she aided the North by scouting terrain and recruiting slaves as soldiers. Before her death in her late 80s or early 90s, she was an outspoken activist for women's right to vote.

The last woman represented on U.S. notes was Martha Washington, on the \$1 silver certificate, while several other women have been featured on coins.

Though it had been contemplating a change for years, Treasury was moved in part by a viral campaign in early 2015 to put a woman's portrait on the new \$20 bill in 2020 — to mark the centennial of women's suffrage. The group "Women on \$20s" received more than 600,000 votes for a choice of 15 American women, including Rosa Parks and Eleanor Roosevelt. Tubman received the most votes.

Almost everyone celebrated Lew's decision to feature a woman. But, for some economists and historians, there was a vociferous reaction against the choice — never clearly stated but widely assumed — to relocate Hamilton from the front of the \$10 bill. They noted ruefully that Hamilton was the mastermind behind America's financial system, while Jackson, the seventh president, was a fervent opponent of a nationally integrated economic system whose tenure included a violent campaign against Native Americans.

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Membership Has Its Rewards

Through the Arbor Alliance Program offered by Memorial Gardens Canada financial members of St. Vincent and Grenadines Association of Toronto Inc. (SVGAT) and their families are eligible for preferential pricing on cemetery and funeral services and products. Financial members and their immediate family are eligible for a 10% discount on products and services when pre-purchased, and a 5% discount when purchased at the time of need at any of the company's funeral homes or cemeteries.

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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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TRIVIA

Test your General Knowledge

Questions and answers by John Gilmore, author of "The Ultimate Caribbean Quiz Book"

(Answers from January issue and questions below on page 10)

1. Which was the second country in the Caribbean to become independent?
.....
2. What was the most significant event in the Caribbean in 1780?
.....
3. What was the *Island Queen* and what happened to her?
.....
4. Traditionally regarded as food for children and invalids because it is so digestible, it found new uses in the manufacture of special coatings for computer paper. St. Vincent is one of its major producers. What is it?
.....
5. One of sour, two of sweet, three of strong, and four of weak, make what?
.....
6. Who was the first Caribbean athlete to win an Olympic gold medal?
.....
7. Name the leader of the 1816 slave rebellion in Barbados who is now recognized as a national hero in that country?
.....
8. What is a Moko Jumbie?
.....
9. From Jamaica to Curacao, he is one of the most popular figures in Caribbean Folklore. A Born trickster, he can manage his shape at will, but he usually appears in the form of a spider. Can you name him?
.....
10. Can you name the famous calypso by Sparrow which mocked the same Readers?
.....
11. When was the University of the West Indies established?
.....

Health Matters in the News

Allergy Sufferers Find Relief

04:16 pm April 2, 2012 • by Kashka Kril-Atkins, HBSc, DHMHS



Canadians love the diversity our four-season climate offers. Secretly, many of us could do without winter but a true Canadian never complains about that! Actually, this year's winter gave us very little to complain about: across Ontario we enjoyed above normal temperatures.

Like most things in life, there are advantages and disadvantages to this unseasonably warm winter. Warmer temperatures trigger an earlier, more intense pollen season, which translates into more severe allergy symptoms. Some individuals, who have been symptom-free in prior years, may experience a return of their symptoms due to the "intensified" airborne allergens. Tree pollen is particularly irritating. However, the lighter snow accumulation could provide a welcome advantage for those allergic to moulds – snow mould, which forms during the spring thaw, will be less of a concern in those areas that experienced low snowfall.

Fortunately, homeopathy and holistic nutrition offer a winning therapeutic combination for allergy sufferers this spring.

The conventional medical approach to treating allergies seeks primarily to manage symptoms by offering temporary relief using antihistamines and corticosteroids. Allergy testing seeks to identify the offending allergen, and once identified the advice offered is to avoid or limit exposure. Since many of us are literally itching to get outside and enjoy the beautiful spring weather, keeping windows closed and staying indoors definitely limits life's pleasures. An avoidance approach may lessen suffering temporarily but does not address the fundamental imbalance at the root of the allergy.

In contrast, from the homeopathic perspective, identifying the allergen is secondary to understanding each individual's specific pattern of allergic response. Since emotional stress often triggers allergic and inflammatory states, the homeopathic approach considers not only physical, but also mental and emotional symptoms in selecting a homeopathic medicine and treatment plan. Since a strong digestive system is essential to good health, combining holistic nutritional therapy with homeopathic treatment will often optimize the curative action of the homeopathic remedy.

Genetic Basis of Allergy Disorders

In addition to seasonal environmental triggers, there are many other potential causes of allergies, including food and food additives, animal dander and saliva, feathers, drugs, chemicals and metals, insect bites and stings, etc. The list is extensive and, very often, it is difficult to determine the exact cause of the reaction. Symptoms can range from mildly annoying to life-threatening anaphylaxis. Allergies can develop seemingly randomly at any stage of life.

In 2009, researchers from the University of Edinburgh conducted a Meta analysis of 24 studies and concluded that a genetic mutation could be linked to allergies. They found that mutations in the filaggrin gene significantly increase the risk of developing allergic sensitization and 'allergic disorders'. The filaggrin gene was identified as significantly influencing the skin's barrier action. The researchers found the mutation in the filaggrin gene was twice as common among people with both asthma and atopic eczema, but not among asthmatics without the skin condition. This finding is important for understanding the genetic basis of allergy disorders.

As reported in 2011 by the University of Dundee, UK, filaggrin mutations, carried by up to 10% of the population, are the major genetic predisposing factor for atopic eczema and the various allergies associated with atopic eczema. Filaggrin is a highly abundant protein expressed in the uppermost part of the epidermis that is critical to the formation and hydration of the outermost dead cell layers responsible for the barrier function of the skin. Filaggrin deficiency leads to a

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“leaky” skin barrier that allows higher than normal water loss (explaining the dry, scaly skin), as well as allowing allergens entry through the epidermis where they trigger inflammatory and allergic immune responses.

This research has placed the skin barrier at the forefront of eczema and allergy research. Now medical scientists are focused on repairing/enhancing skin-barrier function as a means of treating or preventing these common diseases.

Some experts believe that exposure to potential allergens early in life can prevent allergies from developing later in life. A study published in the *Journal of Allergy and Clinical Immunology* suggests that people who own cats during childhood are less likely to develop a cat allergy as adults. There is also mounting concern that our environments are too sterile. While proper hygiene (i.e. hand washing) has been established as an effective means of reducing the spread of infection, our 21st-century obsession with hand sanitizers and surface cleansers is in effect hindering our infants and children from developing healthy and natural immunity.

Reducing Histamine to Minimize Allergy Symptoms

Allergies, both in children and adults, occur when the immune system overreacts to an otherwise benign substance – such as pollen, dust, mould, food or animal saliva or dander. Sensing an invasion, the immune system kicks into high-defence mode, releasing histamine. Histamine increases blood vessel permeability causing the classic allergic symptoms of local swelling, warmth and redness. It also irritates nerve endings, which explains the pain and itching often associated with allergies. Although histamine is most commonly known for its role in allergic reactions, it has other important functions in the body. Histamine is also involved in neurotransmission and can affect emotions and behaviour. Histamine helps control the sleep-wake cycle and promotes the release of epinephrine and norepinephrine. High histamine levels have been linked to obsessive-compulsive tendencies, depression, and headaches. Low histamine levels can contribute to paranoia, low libido, fatigue, and medication sensitivities. Histamine also plays an important role in digestion, regulating stomach acid production.

Certain foods also contain histamine and eliminating these foods from the diet can minimize symptoms associated with allergic response, such as hives and itchy skin. Mackerel, herring, sardines and tuna are identified as high in histamine. Fermented and aged cheeses are very high in histamine, as are processed meats, pizza, sauerkraut, pickles and olives, tomatoes, eggplant, pumpkin and spinach. Alcoholic beverages, including wine and beer, are also rich in histamine. Other foods that should be restricted to avoid histamine overload include foods with artificial colourings and preservatives such as sodium benzoate, margarine, certain spices, chocolate, commercial candies, fermented soy products, flavoured milk, and carbonated beverages. Dried fruit such as raisins, prunes, apricots, figs and dates are noted to be high in histamine. In addition to aggravating allergic symptoms, overindulging in histamine-rich foods can cause digestive distress that mimics the discomfort commonly associated with immune-based food allergies or food intolerances caused by “leaky gut” syndrome.

Leaky Gut Syndrome

Leaky gut syndrome is a condition that affects the lining of the gut and results in increased intestinal permeability. As a result, undigested proteins, fats, toxins and wastes leak out of the intestines into the bloodstream. This triggers an autoimmune reaction, which can lead to allergies and sensitivities. Live Blood Cell Microscopy is an excellent tool used to determine if undigested food is present in the blood stream. Holistic nutrition strate-

gies go beyond elimination diets and temporary avoidance of certain foods, aiming to heal the gut. If dietary measures are used, they should go beyond avoidance of specific foods, aiming to heal the gut and address the excessive intestinal permeability that frequently underlies allergies and oversensitivity.

The Role of Homeopathy

Many of us have suffered or will suffer from allergies at some point in our lives. Conventional medical strategy proposes symptomatic relief through avoidance of the allergen or through medication, or simply a “wait it out” approach. Constitutional homeopathy, on the other hand, addresses the cause of the sensitivity to allergens and aims to eliminate it. The unique benefit of homeopathic treatment is that it increases the resilience of the individual, allowing that individual to withstand environmental stressors without succumbing to ill health. The ultimate reward in eradicating allergies goes beyond eliminating hyper immune reactions and actually restores freedom of choice and a rewarding lifestyle to the individual.

Combining homeopathy and holistic nutrition is a highly effective, integrative approach in the treatment of allergies and sensitivities. This safe and natural approach works with the body’s innate healing ability and also allows the individual freedom to safely manage symptoms in the short term and enjoy complete relief from allergy symptoms over time.

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Answers to trivia questions in the January "Insight"

1. (a) February 6th – Bob Marley Day; (b) January 16th – Martin Luther King Day; (c) Emancipation Day
2. The Rabacca Dry River is located in St. Vincent and the Grenadines
3. The second largest island in the Caribbean is Hispaniola
4. The bird that calls "Bequia, sweet, sweet, sweet" is the Scarlet Ibis
5. Sammy planted corn down the gully
6. The chicken ends up in mongoose's waistcoat pocket
7. Chatoyer, now a national hero of St. Vincent and the Grenadines
8. 7 countries use the EC dollar. Antigua and Barbuda, Grenada, Montserrat, St. Lucia, St. Kitts and Nevis and St. Vincent and the Grenadines
9. The scientific name for sugarcane is Saccharum
10. Sir Garfield Sobers made 365 run not out in a test match against Pakistan in 1958.

Answers to trivia questions on page 7

1. The Dominican Republic in 1844.
2. The hurricane of October, 1780 which claimed thousands of lives throughout the Eastern Caribbean particularly in Barbados and Martinique
3. The Island Queen was a schooner which left Grenada for St. Vincent on August 5, 1944 with 67 people and was never seen again. The disappearance was never explained.
4. Arrowroot flour
5. West Indian Rum Punch. Ingredients are: lime juice, sugar, rum, water (or ice)
6. Arthur Wint, of Jamaica won the 400 metres at the 1948 Olympics in London.
7. Bussa, the ranger or head driver on Bayley's plantation in the parish of St. Phillip.
8. A Moko Jumbie is the name used in parts of the English-speaking Caribbean for a performer on stilts
9. Anansi
10. Dan is the man in the van mocked Nelson's West Indian readers
11. The Barbados campus of the University of the West Indies began on a temporary site at the Deep Water Harbour in 1963



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WE'RE LOOKING FOR YOUR ARTICLES

If you have an article or story you would like to share with other readers in Insight, we ask that you contact members of the Executive Committee or by email to

svgat@vincytoronto.com.

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

Don't drive... Go by Bus to the Vincy Picnic July 16th



*Reserve your tickets
as soon as possible.*

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Claudius Samuel
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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

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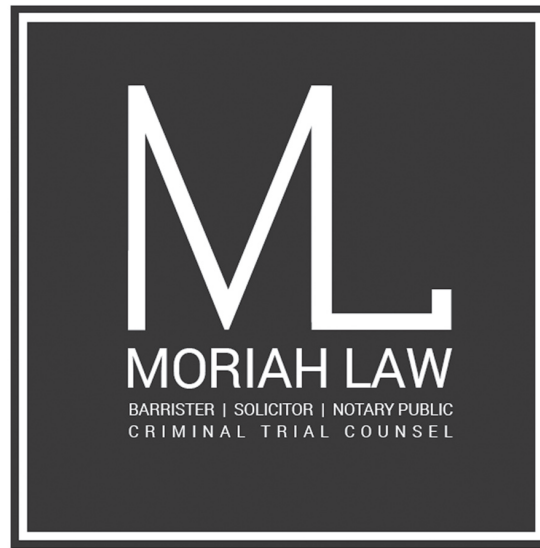
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