



Quarterly Newsletter October 2009

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

The Editor Speaks

After several years of editing INSIGHT it seemed fitting to reflect a bit on the role of the editor during the past, while looking forward to the future.

The unofficial and volunteer role of editor carried with it the dual role of proofreader. Generally this entailed collaboration with various officers of SVGAT, other members, and contributors to the newsletter. The printer was also a key player in countless collaborative efforts, especially when deadlines had to be determined.

The overall success of the editing operations necessitated an ongoing commitment of time and effort. But success was also dependent on the contributions that came from sources such as authors, community advocates, educators, SVG newspapers, and Caribbean news agencies; and most important – financially – were the contributions from advertisers.

Though the editing tasks were at times very taxing, the opportunity to network with the greater Vincy community provided immense satisfaction. It was often necessary to be creative in order to accommodate some articles or advertisements that occupied precious space, but which contained information considered important to the readers; and of necessity, publication cost had to be considered. In reality the cost of publishing and distributing the newsletter strongly influences the editing exercise. Readers should be aware that some 300 copies of INSIGHT are mailed out each quarter, not including the copies distributed to members at meetings, and others to distribution agencies and sponsors. INSIGHT is also posted on our website - <http://www.vincytoronto.com/>.

Following the editing exercise and the publication of the newsletter, the greatest challenge frequently arose from the level of acceptance of the newsletter's contents. Of course positive reader acceptance was always very gratifying.

For future success it is hoped that SVGAT members would take more of an interest in contributing to the publication so as to guarantee its relevance to the needs of our Association and to the larger SVG Ontario community. We also encourage our young people to contribute to the newsletter too. After all they will eventually form the nucleus of SVGAT. Thus with ongoing volunteer commitments from us all, we will ensure the constant improvement in the quality of our Association's newsletter.

Fred Prescod

Hermus Liverpool: A Brief Profile

Born in St. Vincent, Hermus Liverpool migrated to Montreal, Canada in 1949. He was very active in the Vincentian community there, and he was a founding member and the first Treasurer of the SVG Association of Montreal.

By 1958 Hermus had received degrees and diplomas in Commerce and Business Administration from Sir George Williams and McGill Universities. In 1966 he joined the staff of Centennial College, Ontario's first community college, holding the distinction of being the College's first "Bursar" and the first person of colour to be employed in the College's administration. He retired in 1985 as Director of Business Programs in the School of Continuing Education.

Following his retirement from Centennial College Hermus returned to SVG for a 4-year stint, during which time he served in senior capacities at The Vincentian Publishing Co. Ltd., NBC Radio 705 and the Caribbean News Agency (CANA).

Most significantly Hermus was a prominent member of SVGAT. In 1970, just a few months after the Association's inaugural meeting Hermus succeeded his brother Allan as President. He was later awarded an honorary life membership in appreciation of his long and dedicated service.

Hermus passed away peacefully at home on September 13. A Memorial Service is planned for Saturday, October 31, 2009 at 10 a.m. at the Rosewood Church of the Nazarene in Scarborough. In lieu of flowers, contributions in his memory may be made payable to: "St. Vincent and the Grenadines Association of Toronto Inc." for our Scholarship Fund.

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**THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC.
GENERAL MEETING**

*Please view our events calendar on page 11 and join us at our General Meetings on the last Sunday of each month from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court, North York (Keele & Sheppard).
Please bring along a friend with you.*

EXECUTIVE Committee 2009

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Kwuassi Hutchinson: building@vincytoronto.com

Immediate Past President

Francelia George: amazing_grace@hotmail.com

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COORDINATORS

Mothers Day: - Edna Hunt

SVG Unity Picnic: – Kenneth Farrell

SVG National Unity Picnic Rep: – Cordel Telfer

Independence Dinner: – Audrey Lewis

Constitution Review – Rosie Mc Intosh

MAKE A CONTRIBUTION TO THE ASSOCIATION

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



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Students urged to focus research on SVG



Minister of Agriculture, Forestry and Fisheries Montgomery Daniel (left) and Chief Fisheries Officer Raymond Ryan seated at the press conference.

Staff Reporter (Searchlight Paper)

The Ministry of Science, Technology, Telecommunications and Industry is currently involved in an initiative aimed at getting students studying overseas to focus their research on St. Vincent and the Grenadines.

Speaking last week at the official launch of the Sustainable Grenadines Marine Resource Information System (MarSIS), Phillip Jackson, SVG Science and Technology coordinator, explained the initiative called the Indigenous Research Fund.

According to Jackson, the Indigenous Research Fund will focus on compiling information on St. Vincent and the Grenadines through local knowledge, which is one of the methods of research adopted by MarSIS.

The MarSIS project, which includes a three-week cruise through the Grenadine Islands, will collect information on the marine environment of the Grenada Bank through the knowledge of local persons as well as scientific knowledge already in existence. The cruise began on Tuesday, August 17, 2009, in Bequia and ends on September 5, 2009, in Canouan.

Jackson, congratulating project leader and UWI student Kim Baldwin on the commencement of the project, stated that the government has similar aims. "I think this is the best way we can take advantage of these scholarships... to combine it with indigenous knowledge, and at the same time develop a cadre of young professionals," Jackson said. He added that he thinks that it is important for students to focus on research relevant to their home country, as the research done can assist in more knowledge-based decision making, policy planning and sustainability of St. Vincent and the Grenadines.

Jackson also disclosed government's plans to have the information documented and a database created so that information can be easily accessed by students who wish to

conduct research in St. Vincent. "If we can have a repository of all the information done on SVG that is easily accessible to our students...it would create a tremendous boost in encouraging young students to focus (their) research here," he said.

Jackson also stated that allowances will be made for communication between possible student researchers and Vincentian researchers with vital and necessary information so that they can be tutored where necessary.

Jackson related his excitement about the MarSIS three week cruise project, as it would aid in the compilation of relevant knowledge on the marine biodiversity of the Grenadines. Jackson added that the "Science Technology and You" show will visit Kim Baldwin on the tour of the Grenadines. (OS)

TORONTO CONSULATE OFFICE

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The Garifuna Coalition Meets with St Vincent and the Grenadines Consul General and SVG Organizations

As one people in many lands, we shape our nation with many hands

New York – The Garifuna Coalition USA, Inc. a, nonpartisan, 501(c)(3) tax-exempt nonprofit is happy to announce that members of the its Board of Directors recently met with the Honorable Cosmus Cozier, Consul General of St Vincent and the Grenadines (SVG), as well as representatives of the Council of St Vincent and the Grenadines Organizations USA Inc. (COSAGO).

The purpose of the meeting was for the Garifuna Coalition USA, Inc's members to meet the various Vincentian organizations that operate in New York, as part of its efforts to reestablish the link with St. Vincent and the Grenadines "Yurumein" the Ancestral Homeland of the Garifuna people and Consul General Cozier's continued effort to integrate the Garifunas to the St. Vincent and the Grenadines USA Diaspora.

As part of this effort, members of the Garifuna Coalition were also invited to participate in the Regional Vincy Homecoming 2009 Diaspora Conference held in Brooklyn, NY last May, which was spearheaded by the Regional Integration and Diaspora Unit/Office of the Prime Minister (RIDU); where the St Vincent and the Grenadines USA Diaspora Framework for Action was presented. The Framework for Action provides recommendations for action on behalf of and between SVG and its people who live in the Diaspora. It contains proposals that give concrete meaning to the theme of Vincy Homecoming 2009: "*As one people in many lands, we shape our nation with many hands.*" The National Homecoming Conference is scheduled for October 21 – 23 in St. Vincent and the Grenadines and the Garifuna Coalition plans to send a representative.

The Garifuna Coalition is committed to the Framework for Action and plans to implement the Memorandum of Understanding it signed with The Garifuna Heritage Foundation of St Vincent and the Grenadines, to promote the Garifuna Heritage and Culture in all parts of the Garifuna Diaspora as well as support the Renaissance of the Garifuna Heritage and Culture in St. Vincent and the Grenadines "Yurumein" the Ancestral Homeland of the Garifuna people.

We appreciate Consul General Cozier's efforts and look forward to working with the Council of St Vincent and the Grenadines Organizations USA Inc. (COSAGO)." said Marcia Gomez, Vice-President of the Garifuna Coalition USA, Inc.

About the Garifuna Coalition USA, Inc.

The Garifuna Coalition USA, Inc. is a nonpartisan, 501(c)(3) tax-exempt nonprofit organization which serves as an advocate for the Garifuna community. It was founded on May 9th, 1998 and was incorporated as a Domestic not for Profit Corporation on May 28, 1999 and is registered with the New York State Attorney General Charities Bureau.

Garifuna Coalition USA, Inc.

Garifuna Pride - Our Voice - Our Vision

www.garifunacoalition.org

<http://www.myspace.com/garifunacoalition>

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First Black Miss England

Rachel Christie - *Is now the most glamorous athlete in the country*



Great Britain crowned 20-year-old **Rachel Christie** as Miss England during the country's annual pageant at London's Metropole Hilton Hotel

Competing as Miss London City, Christie edged out her rivals to claim the title and will now compete for the Miss World crown in Johannesburg in December.

But competition is nothing new for this London-born beauty.

Christie specializes in the heptathlon and the 400 meters and is

hoping to join the ranks of the 2012 London Olympic Games.

Her uncle is British Olympic gold medalist **Linford Christie**, who stands as the most decorated British athlete. He is also regarded as the second fastest European in history and even has a stadium in West London named in his honor. "My ambition in life is to compete and win gold in the 2012

Olympics," Christie told reporters. "I would also love to do well in Miss England. I want to be successful in whatever I choose to do in life."

Do you have an article you will like to share with other readers?

Do you want to contribute a story to our quarterly newsletter?

Please contact any Executive member/s



JIM LEWIS
416-459-2462

Conscious Vibes

Mondays : 4:00 a.m. to 7:00 a.m.
(Jim Lewis and Kevin Padmore)

News

Tuesdays: 5:00 p.m. to 6:00 p.m.

Urban Griots

Every 2nd and 4th Sundays: 3:00 a.m. to 7:00 a.m.

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Independence Banquet

Riviera Parque Banquet & Convention Centre
2800 Hwy 7 West (East of Jane St), Concord, Ontario
Saturday, October 31, 2009

Open bar, Cultural Extravaganza
Guest Speaker

Governor General of St. Vincent & the Grenadines,
Sir Frederick Ballantyne

IMMIGRATION MATTERS

IMMIGRATION MATTERS: Omissions can have serious Consequences.

Contributed: Sandra Sutherland, CCIC

No matter what type of application you submit to Citizenship and Immigration Canada (CIC), you are expected to be forthright and declare all requested information. Even though application forms may seem straight forward, the information requested is far more critical than one can imagine. Incorrect or incomplete applications could negatively impact on chances of success or even lead to future negative repercussions.

Section 40 (1) (a) of the Immigration and Refugee Protection Act (hereinafter referred to as the Act) states "A permanent resident or foreign national is inadmissible for misrepresentation for directly or indirectly misrepresenting or withholding material facts relating to a relevant matter that induces or could induce an error in the administration of this Act." Immigration officials could envision what you may deem as a minor error in omission, to be misrepresentation.

I am reminded of a particular case whereby a gentleman, whom I will refer to as Larry, was faced with misrepresentation charges. Larry, a permanent resident of Canada, did not disclose in his application for permanent residence that he had a son. When he later applied to sponsor his son, CIC discovered that Larry did not declare this son in his application for permanent resident status. Larry was found to have misrepresented and ordered removed from Canada. Fortunately, he successfully appealed the removal order on the basis of humanitarian and compassionate grounds, and now remains in Canada as a permanent resident but he still was not permitted to sponsor his son.

Information provided to immigration is stored and can be used to crosscheck the contents of your or your family members' applications. You must declare all requested family members (i.e: your spouse, common-law or conjugal partner, dependent children, stepchildren and adopted children). If not, you risk being investigated for misrepresentation. Subsequently, you may requested to attend at an Admissibility Hearing and where you can be found to have misrepresented material facts of your situation and rendered inadmissible to Canada. A removal order will be issued against you. You may appeal this removal order on the basis of humanitarian and compassionate grounds - pursuant to section 63 of the Act. Such a fight to retain permanent resident status in Canada is a tedious and stressful battle that can be avoided by being forthright.

By omitting a family member from your application, you deny immigration officials the opportunity to examine that individual to determine criminal or medical admissibility issues, thus inducing an error in the administration of the Act. It is vitally important to be forthright in providing accurate and up to date information to CIC and thus prevent any

repercussions to come back to haunt you and your family members in the future.

Sandra Sutherland is a Certified Canadian Immigration Consultant (CCIC) and can be reached at (416) 431-2829 or via e-mail at ssutherland@suthernimmigration.com. View her advertisement in this copy of the *Insight* or visit her company's website at www.suthernimmigration.com.



Independence Thanksgiving Church Service

Rosewood Church of the Nazarene
657 Milner Avenue, Scarborough
Sunday, October 25, 2009 @ 4:00 p.m

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Banks Ends Presidency of Society for the Psychology of Women on High Note

Dr. Martha E. Banks of Akron, Ohio has completed her 2008-2009 term as President of the Society for the Psychology of Women (SPW), Division 35 of the American Psychological Association. On Saturday, August 8, 2009, she delivered her presidential address on "Feminist Psychology and Women with Disabilities: An Emerging Alliance." Following the presidential address, Dr. Banks chaired the SPW annual business meeting and the SPW awards ceremony and social hour. The highlights of the social hour included culmination of her "35 IS 35!" presidential initiative featuring timelines of the history of the society, special birthday cakes, and the Toronto-based steel band, Gems & Friends. The events were held in the Ballroom of the Fairmont Royal York Hotel in Toronto, Ontario, Canada.



Dr. Martha E. Banks

Notes:

Dr. Banks is the niece of the late Olga Stephens of Georgetown, and later Kingstown, St. Vincent. Older Vincentians will remember Ms. Stephens as the Dispenser, first at the Georgetown Hospital and later at the General Hospital in Kingstown. Dr. Banks' mother, Marjorie (Joy) Stephens was Olga's younger sister. She migrated to the USA, where she married James O. Banks. They gave birth to one son, James Stephens, and two daughters, Adelle Marie and Martha Estina.

Members of the Gems and Friends steel band are mostly Toronto-based nationals of St. Vincent and the Grenadines. They play at a variety of functions and frequently raise funds for charities in SVG.

Town Hall Meeting

Sunday, November 1, 2009

York Civic Centre

2700 Eglinton Ave. West

Sunday, November 1, 2009

2:30 pm To 6:00 pm

Guest Panelist

Governor General, Sir Frederick Ballantyne

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

Guyabano, The Soursop Fruit

The Sour Sop or the fruit from the graviola tree is a miraculous natural cancer cell killer 10,000 times stronger than Chemo.

Why are we not aware of this? It's because some big corporations want to make back their money spent on years of research by trying to make a synthetic version of it for sale. So, since you know it now, you can help a friend in need by letting him know or just drink some sour sop juice yourself as prevention from time to time. The taste is not bad after all. It's completely natural and definitely has no side effects. If you have the space, plant one in your garden. The other parts of the tree are also useful. The next time you have a fruit juice, ask for a sour sop.



How many people died in vain while this billion-dollar drug maker concealed the secret of the miraculous Graviola tree? This tree is low and is called graviola in Brazil, guanabana in Spanish and has the uninspiring name "soursop" in English. The fruit is very large and the subacid sweet white pulp is eaten out of hand or, more commonly, used to make fruit drinks, sherbets and such.

The principal interest in this plant is because of its strong anti-cancer effects.

Although it is effective for a number of medical conditions, it is its anti tumor effect that is of most interest.

This plant is a proven cancer remedy for cancers of all types. Besides being a cancer remedy, graviola is a broad spectrum antimicrobial agent for both bacterial and fungal infections, is effective against internal parasites and worms, lowers high blood pressure and is used for depression, stress and nervous disorders.

Research shows that with extracts from this miraculous tree it now may be possible to:

- * Attack cancer safely and effectively with an all-natural therapy that does not cause extreme nausea, weight loss and hair loss
- * Protect your immune system and avoid deadly infections
- * Feel stronger and healthier throughout the course of the treatment
- * Boost your energy and improve your outlook on life

The source of this information is just as stunning: It comes from one of America's largest drug manufacturers, the fruit of over 20 laboratory tests conducted since the 1970's! What those tests revealed was nothing short of mind numbing.

Extracts from the tree were shown to:

- * Effectively target and kill malignant cells in 12 types of cancer, including colon, breast, prostate, lung and pancreatic

cancer.

* The tree compounds proved to be up to 10,000 times stronger in slowing the growth of cancer cells than Adriamycin, a commonly used chemotherapeutic drug!

* What's more, unlike chemotherapy, the compound extracted from the Graviola tree selectively hunts down and kills only cancer cells. It does not harm healthy cells!

The amazing anti-cancer properties of the Graviola tree have been extensively researched--so why haven't you heard anything about it? If Graviola extract is as half as promising as it appears to be--why doesn't every single oncologist at every major hospital insist on using it on all his or her patients? The spine-chilling answer illustrates just how easily our health--and for many, our very lives--are controlled by money and power.

One of America's biggest billion-dollar drug makers began a search for a cancer cure and their research centered on Graviola, a legendary healing tree from the Amazon Rainforest.

Various parts of the Graviola tree--including the bark, leaves, roots, fruit and fruit-seeds--have been used for centuries by medicine men and native Indians in South America to treat heart disease, asthma, liver problems and arthritis. Going on very little documented scientific evidence, the company poured money and resources into testing the tree's anti-cancerous properties--and were shocked by the results. Graviola proved itself to be a cancer-killing dynamo.



But that's where the Graviola story nearly ended.

The company had one huge problem with the Graviola tree--it's completely natural, and so, under federal law, not patentable. There's no way to make serious profits from it. It turns out the drug company in vested nearly seven years trying to synthesize two of the Graviola tree's most powerful anti-cancer ingredients. If they could isolate and produce man-made clones of what makes the Graviola so potent, they'd be able to patent it and make their money back. Alas, they hit a brick wall. The original simply could not be replicated. There was no way the company could protect its profits--or even make back the millions it poured into research.

As the dream of huge profits evaporated, their testing on Graviola came to a screeching halt. Even worse, the company shelved the entire project and chose not to publish the findings of its research!

THE ST. VINCENT AND GRENADINES ASSOCIATION OF TORONTO INC. CALENDAR OF EVENTS FOR 2009

Sunday September 27	Monthly General Meeting	Northwood Community Centre
Sunday, October 18	Constitution Review Meeting	Northwood Community Centre
Sunday, October 25	Thanksgiving Church Service	Rosewood Church of the Nazarene
Saturday, October 31	Independence Banquet	Riviera Banquet & Convention Centre
Sunday, November 1	Town Hall Discussions	York Civic Centre
Sunday November 29	Monthly General Meeting	Northwood Community Centre
Saturday, December 20	Children's Christmas Party	Northwood Community Centre
Christmas Week	Christmas Hamper Project	Community Project

Luckily, however, there was one scientist from the Graviola research team whose conscience wouldn't let him see such atrocity committed. Risking his career, he contacted a company that's dedicated to harvest medical plants from the Amazon Rainforest and blew the whistle.

Miracle unleashed

When researchers at the Health Sciences Institute were alerted to the news of Graviola, they began tracking the research done on the cancer-killing tree. Evidence of the astounding effectiveness of Graviola--and its shocking cover-up--came in fast and furious....

....The National Cancer Institute performed the first scientific research in 1976. The results showed that Graviola's "leaves and stems were found effective in attacking and destroying malignant cells." Inexplicably, the results were published in an internal report and never released to the public...

...Since 1976, Graviola has proven to be an immensely potent cancer killer in 20 independent laboratory tests, yet no double-blind clinical trials--the typical benchmark mainstream doctors and journals use to judge a treatment's value--were ever initiated.

A study published in the Journal of Natural Products, following a recent study conducted at Catholic University of South Korea stated that one chemical in Graviola was found to selectively kill colon cancer cells at "10,000 times the potency of (the commonly used chemotherapy drug) Adriamycin..."

...The most significant part of the Catholic University of South Korea report is that Graviola was shown to selectively target the cancer cells, leaving healthy cells untouched. Unlike chemotherapy, which indiscriminately targets all actively reproducing cells (such as stomach and hair cells), causing the often devastating side effects of nausea and hair loss in cancer patients.

...A study at Purdue University recently found that leaves from the Graviola tree killed cancer cells among six human cell lines and were especially effective against prostate, pancreatic and lung cancers... Seven years of silence broken--it's finally here!

A limited supply of Graviola extract, grown and harvested by indigenous people in Brazil, is finally available in America.

The full Graviola Story--including where you can get it and how to use it--is included in Beyond Chemotherapy: New

Cancer Killers, Safe as Mother's Milk, a Health Sciences Institute FREE special bonus report on natural substances that will effectively revolutionize the fight against cancer.

From breakthrough cancer and heart research and revolutionary Amazon Rainforest herbology to world-leading anti-aging research and nutritional medicine, every monthly Health Sciences Institute Member's Alert puts in your hands today cures the rest of America --including your own doctor -- is likely to find out only ten years from now.

... *From Internet postings*

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SVGAT Scholarship Program

The Association is pleased to announce that two (2) scholarships in the amount of \$1,000.00 each will be awarded at the annual Independence Banquet to eligible applicants for the 2009-2010 school year.

Applications received have been reviewed and two recipients have been selected. Western Union Financial Services and The St. Vincent and Grenadines Association of Toronto Inc. are sponsors of this year's scholarships. For further information about the scholarships, please visit the website <http://www.vincytoronto.com/>.

Earl Daniel - Vehicle of change



Earl Daniel ('Ole George')

Sacha Walters, Staff Reporter *Jamaica Gleaner*

EARL DANIEL is a globe trotter. He travels thousands of miles around the world as an agent of change. His unconventional method of influencing others is long-distance walks.

"I could have bought so many cars, but I just don't have the interest," said the St Vincent-born Daniel. He explained that walking is his vehicle of choice to instill change.

"I'm really addicted to walking," he said.

Now residing in Canada, the 46-year-old social worker called 'Ole George' is driven.

On a visit to Jamaica in 2006, Daniel walked for seven consecutive days at Emancipation Park in New Kingston. His mission then was to unite and motivate Caribbean Nationals to aim for their dreams.

"I feel wonderful, I'm having a real difficulty knowing my limit," he said back then after completing his goal.

Two years later, along with a walking partner Joel Butcher; he trekked for eight consecutive days in Prospect Park, New York. This journey was a part of a fund-raising effort to build a children's hospital in St Vincent.

Daniel is now making new 'travel plans' for next April. He plans to walk 400 miles from his freezing remote Quebec community of Inukjuak to Izujuvik. Both Inuit (Eskimo) settlements.

"There is a very high suicide rate in Inukjuak", he said "So the walk is to see if I can motivate the youth, to give them some hope," he continued.

He attributes the suicide rate to depression and alcohol abuse. His planned sojourn is not completely unusual in the village where cars are not a mainstay. They use motorised and non-motorised transport as a means to get around.

"Mostly, they use four-wheelers. In the winter they use skidoos and bobsleds," he said.

The Caribbean native intends to battle the cold as he will don special clothing and a ski pole.

But nothing slows him down. He is in the process of completing his book, **The Social Walker**. Asked whether given the opportunity to walk around the world if he would jump at it.

"Don't tempt me," he said with a laugh. "I want to go walk in the African continent. I still haven't felt tired so I'm looking for something to make me tired." So he continues his crusade as a vehicle of change.

St. Vincent & Grenadines Association of Toronto Inc.

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10 Ways to Motivate Your Child to Learn

Inspire her thirst for knowledge inside -- and outside -
 - of school.

By Caolan Madden

If you want your child to be a stellar student, don't limit learning to the walls of his classroom.

Although the skills he's learning there are crucial to his intellectual and social growth, your child needs your help to really "open up the world of ideas," according to child psychologist Robin Forman, PhD. His renewed joy in discovery will transfer to his schoolwork, so you'll boost his academic achievement, too!

□ **Fill your child's world with reading.** Take turns reading with your older child, or establish a family reading time when everyone reads her own book. It's important to show her that "it's not only a school task," says Ted Feinberg, Ph.D, assistant director of the National Association of School Psychologists. Demonstrate how important reading is to you by filling your home with printed materials: novels, newspapers, even posters and placemats with words on them. According to Stephanie

Fanjul, director of student achievement at the National Education Association, "Children can learn to read by living in an environment that's rich in words."

□ **Encourage him to express his opinion, talk about his feelings, and make choices.** He can pick out a side dish to go with dinner and select his own extracurricular activities. Ask for his input on family decisions, and show that you value it. "One of the things valued in school is class participation," says Feinberg, and "having practice at home expressing his feelings" is "good for self-esteem and self-confidence." He'll be more likely to engage with the material he studies if he's comfortable asking questions and drawing his own conclusions.

□ **Show enthusiasm for your child's interests and encourage her to explore subjects that fascinate her.** If she's a horse nut, offer her stories about riding or challenge her to find five facts about horses in the encyclopedia. Make sure she has the tools she needs -- since Feinberg's daughter "loved looking for sea life" at the beach during family vacations, he bought her little nets so that she could catch crabs and minnows. Now, she's a marine biologist.

□ **Provide him with play opportunities that support different kinds of learning styles -- from listening and visual learning to sorting and sequencing.** Fanjul recommends supplies that encourage open-ended play and "do more than one thing," such as blocks -- your child will develop his creative expression and problem-solving skills as he builds. He'll need lots of unstructured play time to explore them -- although sports activities and language clubs are valuable experiences, too many scheduled activities can add "too much stress" to your child's life, and distract him from exploring the pleasures of learning at his own pace.

□ **Point out the new things *you* learn with enthusiasm.** Discuss the different ways you find new information, whether you're looking for gardening tips on the Internet or taking a night class in American literature. Let her see you in action: choose an activity that's unfamiliar to you both, such as playing tennis or speaking Spanish, and schedule a lesson or pick up a couple of instructional tapes. "Parents are the single most important modeling agent in a child's life," says Feinberg, and if you "demonstrate that learning is a lifetime adventure," your kids will get the message.

□ **Ask about what he's learning in school, not about his grades or test scores.** "Even if he doesn't do well grade-wise compared to the other students, he might still be learning and improving, and you don't want to discourage that," cautions Fanjul. Have him teach you what he learned in school today -- putting the lesson into his own words will help him retain what he learned.

□ **Help your child organize her school papers and assignments so she feels in control of her work.** If her task seems too daunting, she'll spend more time worrying than learning; as she gets older and has more responsibilities, things can get "excruciatingly painful," warns Fanjul. So

check in with her regularly to make sure she's not feeling overloaded.

□ **Celebrate achievements, no matter how small.**

Completing a book report calls for a special treat; finishing a book allows your child an hour of video games. You'll offer positive reinforcement that will inspire him to keep learning and challenging himself. "If a child feels as if he is successful regardless of what it is, it builds him up and makes the next challenge easier," says Feinberg.

□ **Focus on strengths, encouraging developing talents.**

Even if she didn't ace her math test, she may have written a good poem in English class. In addition to a workbook for math practice, give her a writing journal. When she knows that she's talented in one area, she'll be confident enough to try to achieve in others. "You don't want to not offer challenges," explains Feinberg, "but there's always a transfer when you have your kid feeling good about who she is."

□ **Turn everyday events into learning opportunities.**

"Being educated doesn't mean knowing a lot of disconnected facts," says Fanjul. "Learning is building from what you know and connecting it to new facts." Encourage him to explore the world around him, asking questions and making connections. Fanjul remembers pointing to a prickly pear in the produce aisle and asking her young daughter, "Have you ever seen anything so bizarre?" When she replied that the fruit looked like "one of those fish that blows up," Fanjul knew that the structures for learning were firmly in place.

Doctors develop first eye medication in the Caribbean

Jamaica Gleaner



Professor Manley West - Contributed

Sunday | August 16, 2009

Glaucoma is estimated to affect three per cent of the Jamaican population and causes pain, visual disturbances and even blindness.

Today, many persons affected by the disease are receiving relief from a drug developed by medical personnel associated with The University of the West Indies, (UWI) Mona campus. The eye drop, Canasol, was developed after 10 years of continuous and diligent research by pharmacologist, Professor Manley West, and ophthalmologist, Dr Albert Lockhart, specifically to treat glaucoma.

Professor West is an emeritus professor of pharmacology in the Faculty of Medical Sciences at UWI, Mona. Both he and Dr Lockhart received the Order of Merit from the Government of Jamaica and the Gold Musgrave Medal from the Institute of Jamaica for the development of Canasol.

The drug was an important breakthrough because it is derived from ganja, and was the first eye medication in the Caribbean to be developed at UWI, Mona for this disease. Canasol has an important benefit since it does not induce the negative side effects that are associated with synthetic glaucoma therapies.

Professor West became interested in studying the ganja plant because he had observed that country folk who used an eye wash made of ganja in water always reported to him that it made them see better. The fishermen who drank ganja tea made the same claim and further claimed that their vision at night was also better.

Dr Lockhart noted that his Rastafarian patients who used ganja had a low incidence of glaucoma. More recently, he discovered that the eye drop, Canasol, improves the integrity of the optic nerve, the nerve which causes us to see, thus preventing blindness.

In the early 1990s, Professor West also developed the drug Asmasol, to treat asthma, colds and the flu. The doctors who are now using this drug report that they prescribe it for children as well as adults, and that it is effective during both the early and the late phases of the condition. Asmasol is a derivative of ganja and is available in pharmacies throughout the Caribbean.

[Dr. Albert Lockhart was born in St. Vincent and received his secondary education at the Boys Grammar School.]

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St. Vincent & Grenadines Association of Toronto Inc.



Celebrating



30th Independence Anniversary

A Journey to be Proud of - A future to look forward to

Independence Thanksgiving Church Service

Rosewood Church of the Nazarene
657 Milner Avenue, Scarborough

Sunday, October 25, 2009 @ 4:00 p.m.

Independence Banquet

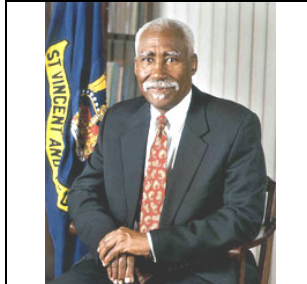
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Guest Speaker

Governor General of St. Vincent & the Grenadines,
Sir Frederick Ballantyne



Cultural Evening

York Civic Centre
2700 Eglinton Ave. West
Sunday, November 1, 2009
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Special Guest of Honor

Governor General, Sir Frederick Ballantyne

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The St. Vincent and Grenadines Association of Toronto Inc.

Membership Registration Form

Become a Member!

Join with us in achieving our goals.

Mission Statement

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



Objectives

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

Our membership meetings are held on the LAST SUNDAY OF EVERY MONTH from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court, (Keele St. & Sheppard Ave. W. area), North York

We hope to see you there!

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