

# INSIGHT

Quarterly Newsletter

KEEPING OUR COMMUNITY INFORMED

Independence Issue

## SVGAT HONOURS ITS MEMBERS & SUPPORTERS

## Honourees

The Executive officially thanked over 70 of our long standing members and supporters by presenting to them Certificates of Appreciation and Plaques for their outstanding contributions to the Vincentian Community in the Greater Toronto Area. Several members and businesses who were honoured with plaques.

Claudius Samuel, Gideon Exeter, Cordel Telfer, Monty Providence, and Kenneth Farrell received plaques for Outstanding Community Service. Allan John was honoured for Outstanding Community Service in Education. Glendon Carmichael was honoured for being the Longest Serving Financial Member. Zakiya Hutchinson was honoured for being the Youngest Financial Member. Ben Harrison was honoured for Outstanding Community Service in Journalism. Hairoun Bakery, KLC Eastern Caribbean Freight Lines Ltd., Suthern Immigration and Vegetron Inc. were all honoured for Outstanding Community Service in Entrepreneurship.



*From left to right: Marcia Farrell, President of the St. Vincent and Grenadines Association of Toronto (SVGAT); Ken Chitolie, President of KLC Eastern Caribbean Freight Lines Ltd.; Claudius Samuel, Treasurer of SVGAT*



The St. Vincent and the Grenadines Association of Toronto Inc.



CELEBRATING 33 YEARS OF INDEPENDENCE OF St. Vincent and the Grenadines

Thanksgiving Church Service

Sunday October 21, 2012 @ 4:00 pm  
St. Luke's Anglican Church, East York

Dinner & Dance

Saturday, October 27, 2012  
Riviera Parque Banquet & Convention Centre  
2800 Hwy 7 W, Concord (@ Jane St.)

Guest Speaker: Dr. Rudolph Matthias, CEO  
Argyle International Airport Development Agency

MC's: Jimmy Lewis & Elisabeth Vanloo

Music: Fusion Sounds and Julian McIntosh & the Caribbean Thunderbolts

Open Bar: Cocktails begin @ 6:30pm Dinner @ 7:30 pm

ALL INCLUSIVE ADMISSION \$80.00

Part proceeds to Epilepsy Toronto

Community Forum

Sunday October 28, 2012 @ 3:00 p.m.  
York Civic Centre, 2700 Eglinton Ave. W, Toronto

Topic: Argyle International Airport

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Grafton Bibby (647)405-9209  
Marcia Farrell (647)716-0181  
SVG Consulate (416)398-4277



For more details visit: [www.vincytoronto.com](http://www.vincytoronto.com)



Rhonda Metelsky

B.A.(hons.); LL.B

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**St. Vincent & Grenadines Association of Toronto, Inc.  
Annual Children's Christmas Party**



**Saturday, December 8, 2012  
Northwood Community Centre  
2:00 p.m to 4:00 p.m  
Registration Closes on November 20, 2012  
To Register, Contact  
Prudence, Petra, Cornetta or Lateshia**

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**SHARE THE JOY OF CHRISTMAS  
ST. VINCENT & GRENADINES ASSOCIATION OF TORONTO, INC.  
ANNUAL CHRISTMAS HAMPER OUTREACH PROGRAM**



Hampers will be delivered to less fortunate families  
December 21 to 23, 2012  
To nominate a family, please contact:  
Cordel Telfer or Kenneth Farrell  
[svgat@vincytoronto.com](mailto:svgat@vincytoronto.com)



**Contact Info:**

Mr. Alston Davy  
 (905) 887-9561  
 cofm@rogers.com

Mr. Alston Davy, a Minister at Large with the Christian Missionary Alliance Canada, is founder and President of the Christian Outreach Ministries, a ministry that provides consultation services to churches on an individual and corporate level. Prior to taking on the leadership role of the Ministry, Mr. Davy was an Elementary School Vice-Principal with the Toronto District School Board; a teacher and an Instructor at Seneca College. He conducts marriage enrichment seminars and does itinerant preaching within the GTA. He holds a M. Ed. in Applied Psychology; a combined B.A. Hon. in Psychology and Sociology; and a Specialist Certificate in Special Education. He is currently pursuing a M. Div. on a part time basis at Tyndale Seminary. Mr. Davy is available to carry out the following services for members of the SVGA community in Toronto: **spiritual counselling, marriages, baby dedication and funerals.**

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BB136 Harmony Hall, 13,628 sq.ft, \$258,932.00



BB122 Prospect, 17,117 sq.ft, ECDS\$427,925.00



BB126 Calder, Cocoa Rd, 15,994 sq.ft, ECDS\$85,000.00



BB135 Rivulet, 11,443 sq.ft, @ \$8.50 p.s.f ECDS\$97,265.50



BB701 Chester Cottage, 11,030 sq.ft, ECDS\$66,000.00



BB151 Union Island, 43,560 sq.ft, ECDS\$152,460.00



BB270 Fountain, 8,579 sq.ft, ECDS\$72,000.00



H802 Amos Vale, 3 bed 3 bath, 4,862 sq.ft, ECDS\$490,000.00



BB306 Union Island The Valley



BB903 Union Island Richmond Union Is, 1 ac 3 rod, 12 p, Open to offers



BB325 Union Island, 96,200 sq.ft, ECDS\$721,500.00



BB326 Rose Hall, Dember Grounds, 5 acs, ECDS\$50,000.00



BB327 Carapan, 8,156 sq.ft, ECDS\$1,560.00



BB900 Calder 43,560 sq.ft @ \$6.00 p.s.f. ECDS\$261,360.00



BB503 Union Island, 2,527 sq.ft, ECDS\$22,743.00



BB505 New Prospect, Simon, 9,452 sq.ft, ECDS\$37,808.00



BB515 Biabou, 14,000 sq.ft ECDS\$12,048.00



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Calendar

**October 21, 2012**

Thanksgiving Church Service

**October 27, 2012**

Independence Banquet

**October 28, 2012**

Community Discussion

**December 16, 2012**

Children's Christmas party

**December 20 - 23, 2012**

Christmas Hamper Delivery

**January 27, 2013**

Annual General Meeting & Elections

**February 2013**

Black History Month

**March 2013**

Vincentian Heritage Month

**May 12, 2013**

Mother's Day Brunch

**July 20, 2013**

Vincy Unity Picnic

## CONSULATE OFFICE RELOCATED

Please be informed that as of October 1, 2012, the office of the Consulate General of St. Vincent and the Grenadines, Toronto, will be relocated to 55 Town Centre Court, Suite 624, Toronto, ON, M1P 4X4. (Next to the Scarborough Town Centre).

The Consulate's contact information remain unchanged.

Consul General Mr. Steve O. Phillips  
 Telephone 416-398-4277  
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### AGENTS IN ST. VINCENT AND THE GRENADINES

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*Clifton, Union Island* Tel: 784-485-8214

**[GECCU](#)**

*Port Elizabeth, Bequia* Tel: 784-458-3535

The next **General Meeting of the Association** will take place at Northwood Community Center  
 Date: Sunday,

November 25, 2012  
 Time: 5:00 p.m.

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

Membership Dues:  
 New Members: \$22.00 (\$2.00 registration and \$20.00 membership fee)  
 Renewal of Membership: \$20.00

**BECOME A FINANCIAL MEMBER NOW!**

## SVGAT JOINS THE FIGHT AGAINST TYPE 2 DIABETES

The St. Vincent and Grenadines Association of Toronto (SVGAT) has embarked on a joint partnership with the Toronto Public Health (TPH). The aim of the **Prevent diabetes** *One step at a Time Program*, is to help community members support one another in making changes towards a healthier lifestyle. By taking small steps to implement healthy lifestyle behaviours, community members can achieve big rewards, such, as **delaying or preventing Type 2 diabetes** and its complications<sup>2</sup>

Type 2 diabetes is a serious chronic disease. In Toronto, the estimates rate of diabetes is 9.4% compared to 7.9% for the rest of Ontario. People living in poverty tend to have higher rates of the disease. People from the following ethnic groups are at a higher risk of developing Type 2 diabetes: South Asian, East Asian, Black, Aboriginal and Latin American.<sup>3</sup> Type 2 diabetes is preventable. Research suggests that an approach which includes education, skill building and supportive environments, can help reduce the risk of developing Type 2 diabetes. As trained peer leader, we can provide effective, culturally appropriate education and activities that can help prevent Type 2 diabetes.

### The objectives agreements are to:

- Increase knowledge and awareness of Type 2 diabetes risk factors among community groups most at risk
- Increase knowledge and understanding of how to reduce Type 2 diabetes risk factors through healthy eating and physical activity
- Increase opportunities for community groups most at risk to make healthy choices
- Implement peer led health education sessions that are accessible to adults most at risk of developing Type 2 diabetes

The Association registered five members into the program who attended 3 full days mandatory training to become a certified Peer Leader, conducted by the Toronto Public Health facilitators. The training equipped Peer Leaders to increase awareness of the factors affecting communication with others, and the principles of effective communication; also, to develop skill to lead peer discussion groups and to organize health promotion activities in our community.

Peer Leaders would conduct five health lesson plans to cover Type 2 diabetes prevention, assessing risk factors for Type 2 diabetes, healthy eating and living an active lifestyle. Peer leaders would deliver five or more health education sessions with the same group of participants.

We encourage the community to join us for a free program for adults:

- Find out if you are at risk of developing type 2 diabetes
- Learn some tips on making healthier food choices
- Get ideas on how you can become more physically active

Refreshments and TTC tokens will be provide.

To register or for more information please call: 647-716-0181 or 416-822-3601 or visit our website at: [www.vincytoronto.com](http://www.vincytoronto.com). Program funded by Toronto Public Health.

Marcia Farrell – President of the St. Vincent and Grenadines Association of Toronto

<sup>1</sup> Toronto Public Health

<sup>2</sup> Toronto Public Health

<sup>3</sup> Toronto Public Health

Diabetes is a serious disease  
But it can be prevented



Want to Learn How?

Join us for a FREE program for adults:

- \* Find out if you are at risk of developing type 2 diabetes
- \* Learn some tips on making healthier food choices
- \* Get ideas on how you can become more physically active

Refreshments, TTC tokens and child minding will be provided.

\*This program cannot replace diabetes education classes. To get more information on diabetes and how to manage it, there may be other programs in your community\*



**To register or for more information please call:  
Marcia Farrell - 647-716-0181 or Prudence Morton - 905-787-1009**

## IMMIGRATION MATTERS: CANADA IMPOSES VISA UPON VINCENTIANS AND ST. LUCIANS

*Contributed by: Sandra Sutherland, RCIC*

St. Vincent and the Grenadines, St. Lucia, Namibia, Botswana and Swaziland had their 911 alarm bells ringing on September 11<sup>th</sup> when Jason Kenney, the Minister of Citizenship, Immigration and Multiculturalism of Canada, announced that nationals from these countries will now require a visa to travel to Canada. This new requirement took effect at 12:01 am on September 11<sup>th</sup>, 2012.

According to Citizenship and Immigration Canada's September 11<sup>th</sup> news release "A key reason why the Government has imposed visa requirements on St. Lucia and St. Vincent is unreliable travel documents." In essence, the concern appears to be the ease at which persons, particularly criminals and persons who had been removed from Canada, can gain entry into Canada via the acquisition of a new passport. Over the years stories had also been circulating within our communities about nationals of other countries who may have difficulty in obtaining a visa from their country to travel to Canada has been using St. Vincent and St. Lucia as a gateway by

obtaining the passport and travelling to Canada under the guise of being a Vincentian or St. Lucian citizen. Once a passport has been obtained, these individuals can then travel with ease to Canada because no visa was required.

Minister Kenney was also quoted as saying "these visa requirements will give us a greater ability to manage the flow of people into Canada." Well, it certainly will limit the volume of persons with Vincentian or St. Lucian passports that will be embarking from international flights into Canada's major airports.

### Visa Application Process

In order to be granted a Temporary Resident Visa (TRV) commonly known as a visa, to come to Canada, applicants will have to satisfy the visa officer that they have strong enough ties, such as a job, house, other assets, and family, that will serve as a good incentive for them to return home; that they will leave Canada at the end of their visit; and that they have enough money for the duration of their stay and based on the nature and circumstances of their visit. These tasks may seem simple and straight forward but it can be difficult to convince an officer based on the information stated in black and white on the application forms. Some cases may warrant an interview and so the applicant will need to be able to afford the costs

of travel and likely overnight stay in Port of Spain to attend at the interview. A good source of information regarding how to apply for a TRV is to visit the Port of Spain website at [trinidadandtobago.gc.ca](http://trinidadandtobago.gc.ca). Go to the visas and immigration section, scroll to the section entitled "Our Services" and click on the link that says "visit". Via this link one will learn that inclusive of the three points I've mentioned above one also need to be in possession of a valid passport, be in good health and not have any admissibility issues. There are two types of visas, single entry and multiple entry to chose from. If the intent is to travel to Canada two or more time within the next five years it is advisable to apply for the multiple entry visa. The current processing fees for these two visa are CAD\$75 and CAD \$150 respectively. There is also a family rate of CAD\$400.

The application forms, information guide, and a document checklist can also be downloaded and completed via this website. The document checklist lists a series of supporting documents that may be submitted along with the completed application forms (i.e: proof of employment, proof of earnings, proof of ownership of assets, etc.). *continue on page 9*

**CANADA IMPOSES VISA UPON VINCENTIANS AND ST. LUCIANS**

*Continue from page 8*

Residents of Canada who wish to invite family, relatives and/or friends to visit should provide a strong invitation letter stating your name, address, date of birth, the relationship you have the person whom you are inviting, the nature and duration of the applicant’s visit, accommodations to be provided, etc. Supporting documents such as proof of income, proof of status in Canada, etc., should also be provided.

It is important to note that the acquisition of a visa does not necessarily guarantee entrance into Canada. Being the holder of a valid visa only permits the foreign national to come to the port of entry (POE)

and seek entrance into Canada. It is the discretionary decision of the Canada Border Services Agency (CBSA) officer at the POE to confirm that the foreign national meet the requirements for admission to Canada and thus decide if the foreign national may be allowed entry and for how long. Foreign nationals may be subjected to examinations (interviews and searches) prior to being granted entry into Canada.

Sandra Sutherland is a Certified Canadian Immigration Consultant (CCIC). She can be reached at (416) 431-2829 or via e-mail at [ssutherland@suthernimmigration.com](mailto:ssutherland@suthernimmigration.com). View her advertisement in this copy of the *Insight*.



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**CONTRIBUTE FINANCIALLY TO THE ASSOCIATION THIS YEAR!**

Your generous donation will assist the Association meet its objectives to assist and support individuals and groups in Ontario and St. Vincent and the Grenadines. All of our programs depend on you. Support our Scholarship Fund, the Adopt-A-Child Program, Children’s Christmas Party and the Annual Christmas Hamper Outreach Program to those less fortunate at Christmas.

**TORONTO CONSULATE OFFICE**

Consulate of St. Vincent and the Grenadines  
 55 Town Centre Court, Suite 624  
 Toronto, Ontario, M1P 4X4

**Mr. Steve O. Phillips**  
 Consul General

**Tel: (416) 398-4277 Fax (647) 438-5311**  
 Email: [consulategeneral@rogers.com](mailto:consulategeneral@rogers.com)



**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.

Planning ahead allows you to enhance your family's security, spare them unnecessary emotional strain, and potentially save hundreds, even thousands of dollars.

To find out more about the Arbor Alliance Program and the benefits allowed to members please visit [www.arboralliances.ca](http://www.arboralliances.ca) or contact **Gideon Exeter** of Pine Ridge Memorial Gardens by email at [gexeter@arbormemorial.com](mailto:gexeter@arbormemorial.com) or phone 416-992-4253.

**SHARE YOUR ARTICLES IN INSIGHT**

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 by email to [svgat@vincytoronto.com](mailto:svgat@vincytoronto.com).

The next issue of Insight is due out in early January. Submit your articles by the middle of December.

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**SVGAT INDEPENDENCE COMMITTEE**

invites you to a  
**COMMUNITY FORUM**  
featuring

Dr. Randolph Matthias, CEO  
Argyle International Airport Development Agency

**Sunday, October 28, 2012**  
**Starting at 4:00 p.m.**

**York Civic Centre**  
**2700 Eglinton Avenue West**  
**(Keele St. & Eglinton Ave)**

For more information:  
**Visit our website: [www.vincytoronto.com](http://www.vincytoronto.com)**

**THANK YOU**

*The St. Vincent and Grenadines Association of Toronto acknowledges the contributions of those businesses and individuals who support the production of Insight by promoting their businesses and services through advertisement in our newsletter.*

# Toronto's SVG Association thanks volunteers and supporters

by Ben Harrison - International Correspondent  
• Thu, Sep 06, 2012

Last week's editorial in THE VINCENTIAN highlighted the importance of the Vincentian Diaspora. In 1967, the St. Vincent and the Grenadines Association of Toronto was incorporated. Through the years it has evolved as a result of the countless and sometimes thankless and unrecognized hours of hard work by an army of volunteers.

The Association is a connecting link available to more than 25,000 members of the Vincentian community resident in the Greater Toronto area. Through the years, this not-for-profit association, without government assistance, has provided emergency services including financial relief and health care, legal and social support to those in need. Annually it sponsors and organizes, along with its sister associations in Montreal and Ottawa, the now famous Unity Picnic; other events during the year include an Independence gala dinner and dance, community town hall meetings, a children's Christmas party and many other events too

numerous to mention. None of these events and undertakings would be possible without the dedicated services of volunteers.

On Sunday, August 26th, 2012, the St. Vincent and the Grenadines Association of Toronto, under the leadership of this year's president Marcia Farrell, held a Membership and Supporters Appreciation Reception at the Northwood Community Centre. The purpose was to say "Thank you" and to recognize the long standing contribution by special individuals to the Toronto Vincentian Community. Certificates of appreciation were presented to 56 volunteers and supporters, and 13 Special awards were presented for Outstanding Community Service, in a variety of areas including entrepreneurship, education, and journalism. The program included welcome greetings by Prudence Morton and President Marcia Farrell who gave a synopsis of the history of the association and her dreams for the future growth of the association including its own building.

The audience was especially moved when Rosanna Lewis from St. Vincent, shared the continuous improvement in her 2-1/2 year old daughter's battle with Leukemia. She has been treated at Toronto's Hospital for Sick Children during 2012, and her parents have been staying at Ronald MacDonald House in Toronto.

Entertainment was provided by Hulda DeFreitas -- Hulda was recently awarded an LM (Lay Minister) certification from the University of Toronto's Wycliffe College, she provides pastoral care to members of St. Michael and All Angels Anglican Church in Toronto. Musical numbers were provided by the three very talented children of the Fraser Family, and a selection of poetry was written and read by Zakiva and Munifa Hutchinson.

Canadian SVG Counsel General, Stephen Phillips delivered a few short but powerful remarks, complimenting the work of the association and emphasizing the importance of the Vincentian community putting aside its criticisms and uniting as one group. "It is essential that we all work together with a common vision to achieve common goals and addressing the needs of our community and society," he stressed...

**THE VINCENTIAN** newspaper and its online facilities have made a commitment to do everything possible to act as a catalyst for linking the Vincentian Diaspora. Vincentians in the global Diaspora, it is said, far outnumber those residing in SVG. They are a powerful voice and can contribute greatly to our country's very ambitious goals during these uncertain times.

## UNITY PICNIC COMMITTEE GIVES BACK



The NIS Golden Years Activity Centres recently received donations from the St Vincent and the Grenadines Unity Picnic Organizing Committee (SVGUPOC).

This committee comprises two representatives from each of the St Vincent and the Grenadines Associations of Ottawa, Toronto and Montreal.

A release said it was the idea of Elma Gabriel of the Toronto Association to invite a request from the Black Point Golden Years Activity Centre. SVGUPOC took up the request and further extended the request to include similar donations to the Cane Grove Centre.

The donations consist of stoves, appliances, kitchen utensils, medical monitoring devices, linen and other items.

SVGUPOC was instrumental in getting Wes Edwards of Class Appliance in Toronto and Ken Chitolie of KLC Eastern Caribbean Freight lines to partner and to make significant contributions to this humanitarian effort. The items were officially handed over at a ceremony at the Cane Grove

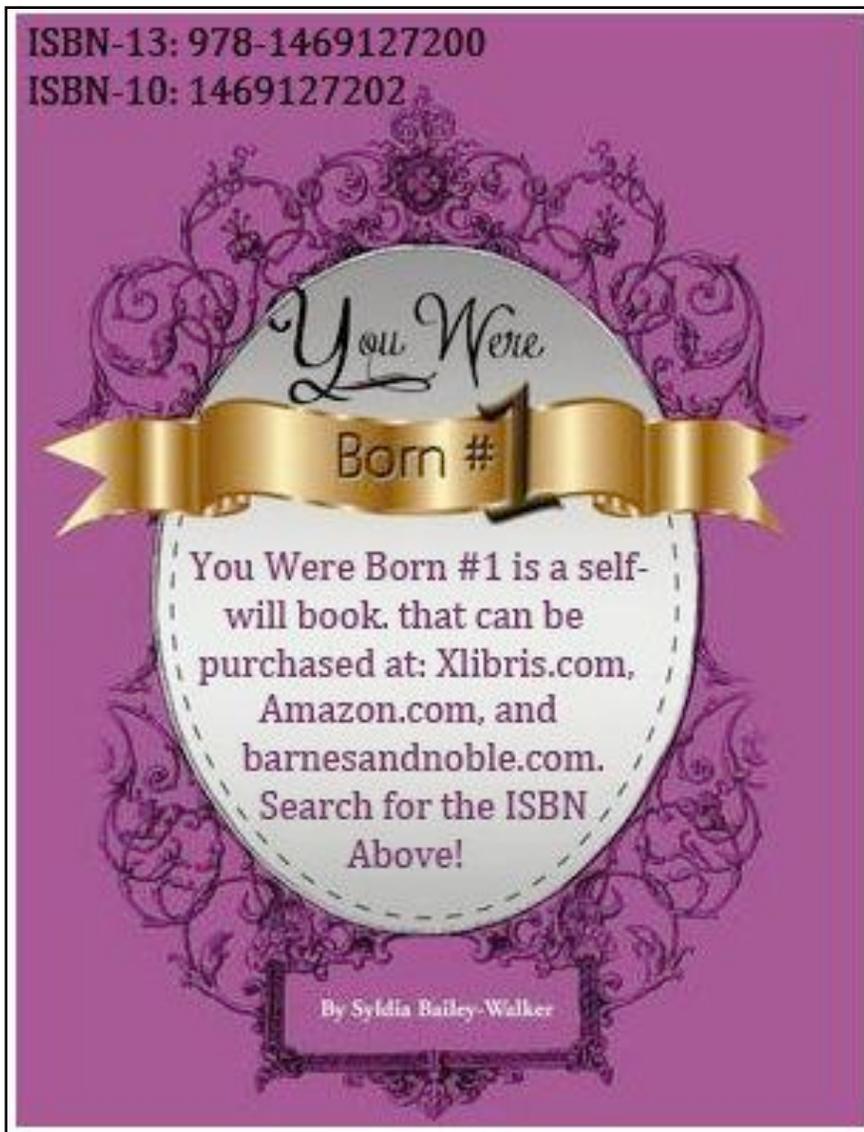
Centre. Speaking on behalf of SVGUPOC, Jason Jones highlighted that part of his organization's mandate is to contribute towards the social and economic development of St Vincent and the Grenadines, through a number of fund-raising activities. He said the Golden Years Centres were chosen because his organization also wishes to further enhance the quality of life of the aged.

Also present at the ceremony were Executive Director of the National Insurance Services Reginald Thomas; Dawn Small, marketing manager of the NIS and co-ordinator of the activity centres; Jonathan Pitt and Sister Margaret Edwards, members of the Golden Years Activity Trust.

Thomas, expressing his appreciation to the SVGUPOC, said the NIS built the activity centres as part of its commitment to impact the quality of life for the aged in SVG. He further said the NIS will be embarking on a marketing plan towards enhancing the use of the centres and indicated that an assessment would also be done to ascertain whether the centres can be expanded to provide limited stay-over facilities to senior citizens whose caregivers may be required to travel for short periods.

Small also thanked Jones and his organization for contribution to the centres and said the items would be put to good use and would of great benefit to the residents. She also stated that the donations would further assist the NIS in its mission to care for the elderly.

Speaking on behalf of the attendees, Ulin Clarke thanked SVGUPOC for the donations and said she is extremely happy with the service being delivered by the Cane Grove Centre, saying, "It's a home away from home."



**Author:** SYLDIA BAILEY-WALKER. Her life's goal is to make a difference in the world by giving freely of her passion and her time to others and blessing them with small acts of kindness.



**ST. VINCENT AND THE GRENADINES**

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**2012 EXECUTIVE COMMITTEE of SVGAT**

President: Ms. Marcia Farrell  
 Executive Secretary: Mr. Garnet Samuel Harry  
 Public Relations Officer: Ms. Cornetta Mason  
 Assistant Treasurer: Ms. Kinda Keizer

Vice President: Ms. Prudence Morton  
 General Secretary: Ms. Petra Ryan-Phillips  
 Treasurer: Mr. Claudius Samuel

**SVGAT in Pictures: *Vincy Unity Picnic,  
Children's Christmas Party and CIBC Run for the Cure***



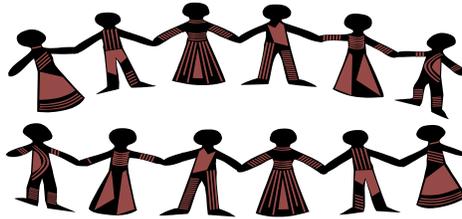
Canadian Breast Cancer Foundation  
CIBC Run for the Cure

# Membership Registration Form

***Become a Member!***  
***Join with us in achieving our goals.***

### Mission Statement

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



### Objectives

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

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

*We hope to see you there!*

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

\_\_\_\_\_

**TELEPHONE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**FAMILY MEMBERS:** \_\_\_\_\_

\_\_\_\_\_

**NEW MEMBER OR RENEWAL:** \_\_\_\_\_

**AMOUNT ENCLOSED:** \$ \_\_\_\_\_ (*\$2.00 for new membership registration, \$20.00 annual subscription*)

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