

INSIGHT

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

KEEPING OUR COMMUNITY INFORMED THROUGH COMMUNICATION

Quarterly Newsletter October 2014

Reprinted from Caribbean News Now! caribbeannewsnow.com

St Vincent appoints non-resident High Commissioner to Canada

Published on September 22, 2014

High Commissioner La Celia Prince (L) at ceremony of presentation of credentials to Stephen Harper, Prime Minister of Canada



OTTAWA, Canada – St Vincent and the Grenadines now has a High Commissioner to Canada. On Wednesday, September 16, La Celia Prince presented credentials to Stephen Harper, prime minister of Canada. St Vincent and the Grenadines was last represented at the level of high commissioner to Canada by Brendon Browne, who served with concurrent responsibility for all OECS countries from 2007 until the closure of the OECS High Commission in September 2011.

In presenting her credentials, the high commissioner emphasized the value and importance that St Vincent and the Grenadines places on the relationship with Canada, thus the decision of the government of her country to reinstate diplomatic relations at that level, albeit via a non-resident high commissioner. Prince, whose substantive duties remain that of ambassador to the United States of America and permanent representative to the Organisation of American States, will continue to be based in Washington DC, while serving as non-resident high commissioner.

As with the consulate of St Vincent and the Grenadines in New York which falls under the jurisdiction of the embassy of St Vincent and the Grenadines in Washington DC, so too will the consulate of St Vincent and the Grenadines in Toronto, headed by Consul General Fitzgerald Huggins, fall under the purview of the office of the non-resident high commissioner.

During a one-day trip to Ottawa, Prince was also able to meet with representatives from the ministry of foreign affairs of Canada to discuss the mutual expectations and aspirations for the bilateral relationship between St Vincent and the Grenadines and Canada.

Meeting with Julia Wayand, deputy director for the Latin-America and Caribbean Division, and senior desk officer Daniel Bood, the high commissioner flagged St Vincent and the Grenadines' interest in securing greater trade opportunities with Canada, outside the framework of the current negotiations of the Canada-CARICOM Free Trade Agreement (FTA), particularly via the vehicle of municipal chambers of commerce.

She also identified the need to have further and more elaborate engagement on Canadian immigration and deportation policies, as well as the visa restrictions to which St Vincent and the Grenadines is now subject.

For their part, the Canadian officials signalled an interest in facilitating dialogue between St Vincent and the Grenadines and several Canadian companies with expertise in renewable energy, who are particularly keen on working in the Eastern Caribbean. They indicated that the Canadian government and private sector have followed with keen interest, the policies and thrust of the government of St Vincent and the Grenadines on the question of renewable energy, and recognize the rich scope for collaboration between both countries in developing SVG's tremendous potential in the area of renewable energy. The officials also enquired about the level of recovery of St. Vincent and the Grenadines following the devastating Christmas trough of 2013.

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See the official letter from High Commissioner La Celia A. Prince, on page 4

Unity Picnic 2014



Once again, thousands of Vincentians gathered from all over North America, on July 19th, in Brown's Bay Provincial Park, Kingston, Ontario to 'meet up' with one another, share laughter, food, stories and generally to celebrate the Vincentian spirit of togetherness.

Continued on page 8.

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



Rhonda Metelsky

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The St Vincent and Grenadines Association of Toronto Inc.

Celebrates the

35th Independence of St Vincent and the Grenadines

Gala: Saturday, November 1st, 2014 Riviera Parque Banquet and Convention Centre

2800 Highway 7 West (Highway 7 and Jane Street)

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

Tickets: (all inclusive) Coat Check and Bar

Table of 10: \$750.00

Members: \$75.00

Non-Members: \$80.00

Youths (age 25 and under): \$65.00

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Guest Speaker: Rev. Raymond Barnett

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Entertainment: Carlos "Rejector" Providence,

Kimya Kypolite, Khadijah John, Curtis-C from NY



*St Vincent and The Grenadines
Consulate Office of Toronto*

*Flag Raising
Ceremony*

October 22, 2014 11 am to 1 pm. City Hall Toronto

Show your support!

Be there to celebrate this milestone

Consulate Office Tel: 416.398.4277

Celebrating the 35th Independence of

St Vincent and the Grenadines

*Thanksgiving
Church Service:*

Sunday, October 26, 2014

4:00 p.m. at the

Wesley Chapel Free Methodist Church

2385 Warden Ave., Scarborough

Refreshments will be served

The St. Vincent and Grenadines Association of Toronto Inc.

*Youth Resource
Forum:*

Friday, October 24th 2014. 5 pm to 10 pm

Northwood Community Centre

15 Clubhouse Court, Toronto

(off Arleta Dr., Sheppard, west of Keele)

"Broadening Horizons Through Youth"

www.vincytoronto.com



**OFFICE OF THE HIGH COMMISSIONER OF
ST. VINCENT AND THE GRENADINES
TO CANADA**

17th September, 2014

Dear Fellow Vincentians:

It is my honour to inform you that yesterday 16th September, I presented to the Honourable Stephen J. Harper, Prime Minister of Canada, Letters of Credence accrediting me as High Commissioner of St. Vincent and the Grenadines to Canada.

Given that my other substantive duties remain Ambassador to the United States of America and Permanent Representative to the Organisation of American States, my base continues to be Washington D.C., and as such I will serve as a non-resident High Commissioner.

As a global economic giant, and adopted home to a large community of the Vincentian Diaspora, Canada is deemed by the government of St. Vincent and the Grenadines as an extremely valuable bilateral partner, hence the designation and appointment of a High Commissioner. The Office of the High Commissioner is ready to engage the Canadian government on important policy matters of interest to the government and people of St. Vincent and the Grenadines. The Vincentian community in Canada will continue to benefit from the presence and active involvement of Toronto-based Consul General Fitzgerald Huggins, on a range of matters including Diaspora and Community affairs.

As I assume this new responsibility, I take this opportunity to express my hopes for a continued close and cordial working relationship between the Vincentian-Canadian Community and the Vincentian diplomatic and consular representatives.

Please accept my best wishes for God's richest blessings on you and your families.

Sincerely,
La Celia A. Prince
High Commissioner

Caribbean-SickKids Cancer and Blood Disorders Project

The information below was contributed by Marcia Farrell and includes excerpts from a publication titled: "SickKids Caribbean Initiative: Enhancing Capacity for Care in Paediatric Cancer and Blood Disorders"

The St. Vincent and Grenadines Association of Toronto join other Caribbean organizations and Consul General at the official launch on Thursday, February 14, 2013, for the Caribbean-SickKids paediatric Cancer and Blood Disorders Project, in an evening hosted by CTV News Andria Case.

The evening event were two-fold: An opportunity for Caribbean groups to discover how the Caribbean-SickKids Cancer and Blood Disorders Project would transform the future for thousands of children and families who are faced with cancer and blood disorders across the Caribbean; and financial contributions towards their funding goal of \$8 million over five years.

In the Caribbean, paediatric concerns and serious blood disorders are often fatal because of a shortage of health-care professionals and resources to diagnose and treat children. Through a new outreach initiative, SickKids is working with six countries across the English-speaking Caribbean - The Bahamas, Barbados, Jamaica, St. Lucia, St. Vincent and the Grenadines, and Trinidad and Tobago - to improve outcomes for children affected by these devastating diseases.

SickKids visited participating countries to develop a strategy to address limitations after health experts in the Caribbean completed a needs assessment, identifying gaps in their ability to accurately diagnose paediatric cancer types, participate in clinical research, and optimize outcomes. The gaps include:

- a lack of physicians with specialized training in paediatric cancer care
- limited technological resources, such as the resources required for immunophenotyping - sorting and differentiating cells- which is necessary for diagnosing leukemia
- a lack of front-line health-care providers, including nurses and pharmacists
- limited data on the effectiveness of treatments and the epidemiology of paediatric cancer in the region

Therefore, SickKids partnered with its Caribbean Colleagues and developed a five-year plan to address the region's gaps in research, care, and education in order to advance the diagnosis and management of paediatric cancer across the Caribbean. The plan includes the following components:

Education, patient Registry, paediatric Cancer and Blood Review Board, Diagnostic Services, Sickle Cell Anemia Programs, Service Delivery, and Research.

As mentioned earlier in my discourse the two-fold agenda at the launch included informing the audience and soliciting funds to help reduce the cost of the project. The impact of inequality between outcomes for children with cancer and serious blood disorders in Canada compared with those in the Caribbean is heart-breaking. From SickKids in Toronto, it is a five-hour plane ride to Vancouver, and only a four-hour trip to the Central Caribbean area, but the disparity between health prognoses in these two regions is profound.

The skills, resources, knowledge, and desire to reduce child mortality are at disposal of SickKids. Together we will help to share this knowledge, to build collaborative solutions, and to make a difference in the lives of thousands of children. Thus, the Association took the initiative to share part of proceeds from its 2013 Independence Gala event to support this worthy cause.



On July 16, 2014 Marcia Farrell, president of the St. Vincent and Grenadines Association of Toronto, presented a cheque for \$2000.00 to Mr. Colin Hennigar Director of Major Gifts, at SickKids Hospital and Dr. Melanie Kirby. The funds go towards the SickKids Caribbean Initiative Cancer and Blood Disorder Project.

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Product of Canada

Royal Navy honours Vincentian sailor

Reprinted from *The Searchlight* newspaper Friday, Sept. 19, 2014



LLogs Lovita Lewis (right) receives most outstanding award from Commander Royal Navy, Richard Harris, Commandant DMLS - HMS RALEIGH.

Every year the Defence Maritime Logistics School holds an award ceremony at HMS RALEIGH to celebrate the achievements of students and staff over the last training year. This is a prestigious event, attended by VIPs from both Navy Command and the wider training environment. The senior guest this year was Vice Admiral Steel, Chief Naval Logistics Officer, 2SL (2nd Sea Lord).

Among the 34 people who received awards was Leading Logistician Supply Chain Lovita Lewis, a Vincentian.

LLogs Lewis who originally is from Queen's Drive, St Vincent and the Grenadines and resides in Gosport, Hampshire, England, joined the Royal Navy, in 2007. She was presented with the Commandant Defence Maritime Logistics School Award as the student who demonstrated the most dynamic Command, Leadership and Management awareness and application during all facets of her training within DMLS and her participation in the life of HMS RALEIGH as a whole. This award is recognition of exceptional zeal and drive to succeed, and took place at HMS RALEIGH, England on July 24, 2014.

According to the Portsmouth News, LLogs Lewis, who works at Portsmouth Naval Base, stated "discipline and hard work brings success."

Lovita Lewis is a former student of the Girls' High School and St Vincent Technical College and worked in administration at CLICO International Life Insurance prior to joining the Royal Navy.

The St. Vincent and Grenadines Association of Toronto Scholarship Program

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

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

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

Applications for scholarship for the academic year can be downloaded from the website: www.vincytoronto.com and mail to: St. Vincent and the Grenadines Association of Toronto Incorporated. P.O. Box 392, Station E, Toronto, Ontario, M4Y 2L8.

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

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

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Immigration Matters

NEW CITIZENSHIP ACT MAKES IT HARDER TO ACQUIRE CITIZENSHIP

Contributed by: Sandra Sutherland, RCIC

A new Citizenship Act became law in Canada in June 2014. Some changes that took effect on August 1, 2014 includes giving Citizenship and Immigration Canada stronger authority to define what constitutes a complete application package, the type and nature of evidence applicants must provide, and which applications shall be deemed as abandoned and should be closed. If an applicant fails to comply with any request to provide information or attend an interview at any point after processing of the application has commenced up to and until the Citizenship oath is taken his/her application may be deemed to be abandoned and thus closed.

The following are some of the changes that are slated to come into effect in June 2015:

	OLD RULES	NEW RULES
Residence requirement:	3 out of 4 years (1095 days)	4 out of 6 years (1460 days)
Counting time in Canada prior to becoming a permanent resident towards residence for citizenship:	Applicable	Not applicable
Requirement that resident be physically present in Canada when applying:	Not Applicable	Minimum physical presence of 183 days per year in 4 out of 6 years.
Age limits for language and knowledge testing:	18 to 54 years of age	14 to 64 years of age
Application fees:	\$400	Anticipated to be 3 times higher than \$400 Provision made for speculation
Speculation re applicants' intent to reside in Canada in the future:	Not applicable	Not applicable
Meeting knowledge of Canada with assistance of an interpreter:	Applicable	Expanded to also include both Canadian and foreign criminal charges and convictions.
Inability to get citizenship if applicant has Canadian criminal charges and convictions:	Inability if have Canadian criminal charges and convictions	Required
Requirement to file Canadian income taxes in order to be eligible for a grant of citizenship:	Not required	Authority to revoke citizenship for acts against Canada's national interest (even if Canadian)
Authority to revoke citizenship from dual citizens:	None	

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As soon as you become eligible to apply for citizenship under the present rules, you are encouraged to do so because you may not be eligible under the new rules that will come into effect next year.

Sandra Sutherland is a Regulated Canadian Immigration Consultant (RCIC) and immigration counsel. She is licensed with the new regulatory and governing body of immigration consultants, the Immigration Consultants of Canada Regulatory Council (ICCRC). She can be reached at (416) 431-2829 or via e-mail at ssutherland@suthernimmigration.com See Suthern Immigration & Paralegal Services Inc. advertisement above for more information. Mention that you saw this article or the advertisement in The Insight to receive a free consultation.

The 2014 Vincy Picnic

- do you recognize anybody? *continued from page two...*

As with every other year, the 2014 Vincy Picnic went off without a hitch. The official program of the day got underway around 2:00 p.m. with a welcome message from the Mayor of Kingston and greetings from Vincentian Dignitaries and Representatives from as far away as Pennsylvania and New York. MC, E.B. John, kept the stage busy with one performer after another. Vincentians heard Reggae artiste, C-Koo Slim from Montreal, Ballad singer, Ricky Bowman from Toronto and the Tropics Band with leader Norman Roberts and band members Spade, Roy Q, NIC and Rejector. Keeping it all together for the audience were DJ Taurus from SVG, DJ Ricardo of Montreal and DJ Selecktra Shellz of Ottawa.

For the first time this year, the SVG organizing committee held an SVG Idol competition. Children between the ages of 5 and 16 competed for the title. Munirah Hutchinson of Toronto captured the crown with a moving rendition of "Someone Like You" by Adele.

Also, for the first time, Vincentians at home were able to see Vincentians at the picnic as Caribbean Connection streamed the event live around the world. Many individuals were able to send greetings to their families and friends. The Picnic officially ended at 6:00 p.m.



*All Photography of the Unity Picnic
by Jack Dear, Montreal*

Fun!

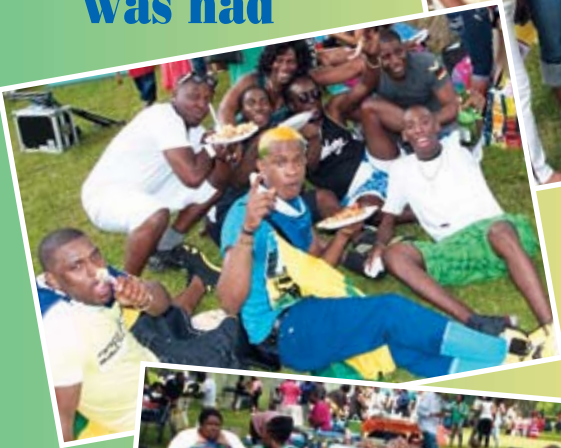


Fun!



Fun!

A great time was had



by Everyone!



See you next year!



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Health Benefits of Breadfruit

♥ As in line with other tropical fruits, breadfruit too holds lots of calories. 100 g fresh fruit provides 102 calories. The major fraction of this comes from the carbohydrates. Ripe fruits are sweeter since their starch content is converted into sucrose and simple sugars like fructose and glucose.

♥ Its pulp has more fiber than in jackfruit, which makes it a good bulk laxative. Dietary fiber helps reduce blood cholesterol by preventing its absorption in the gut, reduce obesity, blood pressure and help protect the colon mucous membrane by warding off cancer-causing chemicals from the colon.

♥ It has small amounts of flavonoid anti-oxidants in the form of xanthin and luein. Yellow-orange varieties have more of these compounds.

♥ Breadfruit has more vitamin-C than jackfruit, and banana, provides about 29 mg or 48% of RDA. Vitamin-C (ascorbic acid) is a strong water-soluble antioxidant. Consumption of fruits rich in the vitamin C help body develops resistance against infectious agents and scavenges harmful free radicals.

♥ The fruit has moderate levels of essential vitamins, and minerals. Like other tropical delicacies, it is rich in many vital B-complex groups of vitamins. The fruit is a moderate source of vitamins, especially thiamin, pyridoxine, and niacin.

♥ Fresh fruit is an excellent source of potassium. Potassium is an important component of cell and body fluids that help regulate heart rate and blood pressure. Its pulp is good in copper, iron, magnesium, and phosphorus.

ST. VINCENT AND THE GRENADINES

TOURISM OFFICE, TORONTO



Shelley John
Director of Sales

St. Vincent & the Grenadines Tourism Office
55 Town Centre Court, Suite 403, Toronto,
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♥ Breadfruit seeds contain average levels of protein; 100 g seeds provide 7.4 g or 13% of daily-recommended values. However, they are excellent sources of minerals like potassium, iron, calcium, zinc, selenium, manganese, etc.

Prepared by the Nutrition Unit of the Ministry of Health and the Environment, St. Vincent and The Grenadines

Breadfruit Layer Casserole

Ingredients:

1 lb minced meat	1 small head of garlic - grated
2 lbs spinach or callaloo leaves	2 tsp. paprika
1 lb onions - sliced	2 tsp. white pepper
1 lb sweet pepper sliced	1 small piece ginger - grated
4 blades chive - chopped	2 small or 1 large breadfruit
3 stalks celery - chopped	1 16 oz. can tomato paste
3 stalks parsley - chopped	1 oz. margarine
1 quart (32 fl. ozs.) water	

Method:

1. Season, cook and set aside ground meat.
2. Cook spinach in small amount of water (callaloo longer) and set aside.
3. Combine onions, sweet pepper, chive, celery and parsley.
4. Make a sauce by adding tomato paste to measured water. Add garlic, paprika, white pepper and ginger. Simmer for 3-4 minutes then remove from heat and set aside
5. Peel and thinly slice breadfruit
6. Pour 1/2 cup sauce in greased deep baking dish and arrange a layer of sliced breadfruit in dish
7. Add some meat and seasoning (celery, chive etc.)
8. Arrange a second layer of breadfruit followed by spinach/callaloo, meat and seasoning.
9. Add a third layer of breadfruit and arrange pepper and onion rings on top. Pour over remaining sauce.
10. Cover dish and cook in a hot oven 475 degrees until breadfruit is tested done.

Community Happenings

A Movie Night to Remember

Vincentian-Canadians who attended the screening of the film *Yuromein* that was featured at the Caribbean Tales International Film Festival this past September, learned a lot more of the history of St. Vincent and the Grenadines (SVG). *Yuromein*, which means homeland, tells the story of the Caribs and Garufunas of SVG and their resistance against slavery. The Caribs are the aboriginal people of SVG and Garufunas are descendants of the mixed marriages between the Caribs and slaves from West Africa. The film opens with a Vincentian Carib from Sandy Bay who is now a practising doctor in Los Angeles visiting SVG and decided to research his roots as much as he can. The film weaved the story of how the Caribs came to the island, were persecuted by the Colonialists, driven away to Balliceau, a small island off St. Vincent where hundreds died of starvation and hundreds more went into exile to central America and in particular to Belize. The film depicted the Garufuna culture that is very much alive and flourishing in Belize. It highlighted the visit of a group of Garufunas to Balliceau in recent years to stand where their ancestors stood many years ago and to mourn their loss. Theatre goers were given first hand accounts from Caribs in St. Vincent who spoke of their memories or lack of memories of their culture and the need to keep the culture alive. *Yuromein* was written and produced by Andrea L. Leland, a professor in the Caribbean Studies department at the University of Toronto. *Yuromein* is a film that every Vincentian should see.

Nostalgia

On Saturday, September 20th, Vincentians were treated to an evening of culture that, by all accounts, would be fondly remembered in the community as the Concert of 2014. Billed as "Nostalgia" MC, E. B. John, helped set the mood for the evening as he introduced Ardon Bess, an esteemed Caribbean actor, who moved slowly on to the stage while playing the well-known sea shanty "Oh Shenandoah" on his harmonica. Julian McIntosh of the Thunderbolts then took the crowd down memory lane with Percy Sledge's "When a man loves a Woman" before launching into a moving rendition of "Swing-Low Sweet Chariot" and then doing a saxophone-trumpet duet with Mr. Raymond Blake, formerly of the Barbados Troubadors. The show unfolded to bellies' full of laughter as comedian, Marc Trinidad, doled out joke after joke that resonated with all Vincys and with all West Indians for that matter. Macomere Fifi, the Toronto Calypso

SVGAT

2014 Calendar of Events

Date	Event	Location
Wednesday, October 22, 2014	Flag Raising Ceremony, 11 a.m.	City Hall Toronto
Sunday, October 26, 2014	Independence Church Service 4 p.m.	Wesley Chapel Free Methodist Church, 2385 Warden Ave, Scarborough
Friday, October 24, 2014	Youth Forum 5 p.m.	Northwood Community Centre
Saturday, November 01, 2014	Independence Gala 6:30 p.m.	Riviera Parque Banquet Hall 2800 Hwy 7 (at Jane), Concord
Sunday, November 30, 2014	Monthly General Meeting 4:30 p.m.	Northwood Community Centre
Sunday, December 14, 2014	Children's Christmas Party December 14, 2 p.m.	Northwood Community Centre
Saturday, December 20, 2014	Christmas Hampers	Toronto

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

CHILDREN'S CHRISTMAS PARTY
For children aged 12 and under. Please register your child on or before November 30th.

Monarch, gave a performance worthy of any Calypso competition, belting out her hits "Mother and Daughter" and "Mr. Jekyll and Mr. Hyde". The audience however, was not prepared for Jay Douglas who held the stage with a spectacular performance in the reggae genre. Douglas captivated the crowd as he moved seamlessly into R & B singing "What a wonderful World" whilst moving amongst the audience, bringing it to its feet in a standing ovation. Not to be outdone, our very own, Ricky Bowman, dressed in classic white and black, struck a "watch me" pose as he belted out the Bee Gees "Rest your love on me awhile" and "All of Me" by John Legend. Ricky ended off an excellent performance with his signature ballad, by William Bell, "Every day would be like a Holiday". The grand finale of the evening was Vincentian, Winston Soso, who gave a stellar performance. Mr. Soso sang all of his Vincy's favourites and had the audience dancing in the aisles with the popular "I don't mind if you want to give me woman's Music".

It truly was an evening to remember and the only missing link was that concert organizer and promoter, Mr. Raymond England, was not on stage to receive the audience's applause of appreciation for such a spectacular show. Looking around, one could almost hear echoes of "author, author" as the crowd dispersed. Get your ticket for next year's concert!!!

The St. Vincent and Grenadines Association of Toronto Inc. (SVGAT)

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Committees

Executive Committee
Culture/Recreation/Education/Sports Committee
(Planning Committee)
Youth Committee
Seniors Committee
Publicity & Fundraising Committee
Relief Committee

SVGAT Christmas Hamper Programme

As part of its outreach to the community, SVGAT has over the years been assisting a number of less fortunate individuals and families at Christmas time. If you are aware of someone who could benefit from this assistance please send a note either by mail to:
Executive Secretary, St. Vincent and the Grenadines Association of Toronto Inc., P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8;
or by email to: secretary@vincytoronto.com. Your request should include:
Name, address and telephone number of the person/family you are requesting the assistance for;
State your relationship to the person/family; If a family, number of persons;
Your name, address and telephone number;
State whether you are a member of the Association.
Provide a brief description of why you feel that this individual or family needs the assistance.

Calling all Vincentians to help keep our community moving forward!

Let us build our Community together ... Come and participate in one or more of the Committees.

Email the Secretary@vincytoronto.com to indicate your interest.

Membership Registration Form

Become a Member! Join with us in achieving our goals

Mission Statement

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

Objectives:

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

NAME:

ADDRESS:

TELEPHONE: E-MAIL:

FAMILY MEMBERS:

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

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

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

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