

Insight

St. Vincent & the Grenadines Association of Toronto Incorporated Quarterly Newsletter

July 2005

FROM THE PUBLIC RELATIONS COMMITTEE

Greetings to all members and readers.

This issue of our quarterly Insight Publication is literally packed with an abundance of information, upcoming activities, advertisements, and of course news, among other items. As your Public Relations Officer, I sit as chair of the Public Relations Committee which is often referred to as the Publicity and Membership Committee. It matters not by what name you choose to identify us, the point is I am proud to be at the helm of so important a committee of the St. Vincent and the Grenadines Association of Toronto Inc and I am equally proud to present to you in this message the other members of the committee in alphabetical order.

Mr. Grafton Bibby

Mr. Gideon Exeter

Mr. Cordel Telfer

Mr. Fred Williams

Mr. Gerry Wolkowski

Although my appointment to this office came at the end of February I am indeed happy to report to you that it took this group only a few days to get up and running and work on this committee just keeps on getting done in record time and with such ease and enthusiasm that is simply enviable. Let me attempt to share with you in no particular order some of the work that this group is involved in or has already completed.

Members of the association who have renewed their membership or are first time members will for the first time in the history of this organization receive something more tangible than the receipt for their membership dues and the signed membership card. Want to know what it is??? Well if you are a paid-up member and attended the June meeting you already know! If you are not a paid up member and did not attend the June meeting pay your renewal or become a new paid-up member and find out that membership does have its privileges and benefits. But it does not end there, a members' appreciation event is in the making. Stay tuned for more information about this event, it promises to be a blast!

This committee has been given the responsibility of coordinating the establishment of a LOGO for the association. In order to involve the membership and the community at large a contest for the LOGO complete with specifications and defined criteria is currently in progress. The deadline for entry submission is September 15, 2005 and the winner stands to receive a prize package valued at Cdn\$500.00.

Our website is never complete. As information changes, as data needs to be updated, as events need to be advertised, whatever the reason, the upkeep of our website is an ongoing function of

this committee. At our last committee meeting much time was spent reviewing the website information, the way it is arranged, the way it appears, etcetera and our committee will be doing substantial work to improve our image in this area. Similarly, we spent time at a previous meeting looking at the INSIGHT and examining ways to improve this medium of communication also. Your feedback however is very important to us and we encourage you to give us your thoughts, your opinions, and your comments in general on any of these matters.

As in any organization there is the visible and then there is the invisible. This committee is no different. Because of the mandate of our committee we are sometimes required to be there for others in times of sickness or during other forms of personal challenges. We take this responsibility quite seriously and we are committed to respecting the individual's right to privacy, sensitivity, and dignity. This past spring we were able to respond to a situation and we are very encouraged by the obvious appreciation that we received from our efforts.

The foregoing, folks, is just a snapshot of some of the work that your Publicity and Membership committee is involved in. During the course of the year we will bring you further updates on our work and accomplishments and we trust we can continue to count on your support.

Yolande Lewis,
Public Relations Officer

Thanksgiving Service
Sunday October 16th, 2005 @ 4:00 p.m.
Rosewood Church of the Nazarene,
657 Milner Ave, Scarborough

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Our sincere thanks to those companies that have provided assistance to this publication by advertising with us again. Please support them.

To place your Ad, please email us at svgatoronto@vincytoronto.com, or contact any member of the Executive.

Meetings and Contacting Us

The Association meets on the last Sunday of each month at Northwood Community Centre, 15 Clubhouse Court, (Keele & Sheppard area) North York from 4:00 p.m. Business meetings are held in January, April, July and October. The other Sundays are used for educational discussions and social events. One can get in touch with the Executive either by writing to P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8, e-mail at svgatoronto@vincytoronto.com.

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Make a contribution to the Association

You can now donate to any of the following: the Relief Fund, the Scholarship Fund, the Children’s Christmas Party, the Christmas Hamper to Families In Need and/or to General Operating Funds.

Association Sub-Committees

Since the elections a number of sub-committee chairs have been named with the intent of carrying on the business of the Association. Those committee chairs include:
Public Relations/Membership Committee - Ms Yolande Lewis
Unity Picnic Committee - Mr. Claudius Samuel
Independence Committee - Mrs. Audrey Lewis
Constitution Review Committee - Mrs. Grace Stephens

Finance Committee - Mr. Wendel Cole
Seniors Committee - Mr. Ivan Richards
Sports & Recreation Committee - Mr. Jimmy Lewis
Education Committee – Mr. Ken DeLecia & Mr. Fred Williams
Scholarship Committee - Mr. Gideon Exeter

If you are interested in serving on any of the above committees please feel free to contact the chair of the committee or the President, Mr. Jason Jones.

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**Remembering “One George” –
Oswald Kingsley George**

The George family held a memorial service for the late Oswald Kingsley George at the British Methodist Episcopal Church, 1828 Eglinton Avenue West in Toronto, Ontario, Canada on Saturday April 23, 2005. Ossie, as he was best known, passed away suddenly on January 6, 2005 at his home in the Marriacqua Valley.

The Rt. Rev. Maurice Hicks and Rev. Dr. Chester Searles – a native of St. Vincent and the Grenadines – conducted the service. Toronto Mayor David Miller, his wife, Jill and other City of Toronto officials attended the service. In his remarks to the attendees, Mayor Miller reflected on the strength of the surviving family and encouraged them to hold onto their faith during this difficult time. E. Bernard John, Consul General for St. Vincent and the Grenadines in Toronto reflected on the life and times of Ossie and also encouraged the family to be strong.

Ossie was a dedicated member of the St. Vincent and the Grenadines Association in Toronto and twice served as its President. Cordel Telfer, who was also a past president of the St. Vincent and the Grenadines Association in Toronto, described Ossie as being many things to many people. He was son, a husband, a father, a beloved brother, a community leader, a politician, a police officer, a teacher, a businessman and a visionary. He explained how Ossie brought creativity, intelligence and a commitment to public service in everything that he did and how he had a talent for enlarging the ideas and roles of people around him to benefit the community which he so willingly served.

Ossie has left a legacy not only for the community in Toronto, but all of Canada and St. Vincent and the Grenadines. His service to the community is a guiding light for anyone looking for excellence to follow.

Ossie’s family is in the process of establishing a scholarship in his honour, to benefit a student from the Marriacqua Valley who has passed the Common Entrance exam for entry into any of the secondary schools in St. Vincent and the Grenadines.

A tribute written by Cordel Telfer, is posted on the www.vincytoronto.com website.

.....Written by: Francelia George



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*Please consider renewing your membership now if
you have not paid for 2005. If you are not yet a
member, then please consider becoming one.
Registration Fee is \$2.00 (New Members) and the
Annual Fee is \$20.00.*

ST. VINCENT AND THE GRENADINES ASSOCIATION OF TORONTO INC.

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Association Briefs

Scholarship Program Launched

For many years a number of members have been requesting the launching of a Scholarship Program. A committee of Past Presidents commissioned by the last executive and endorsed by the current executive drew up a program which was accepted at the May 2005 general meeting. The St. Vincent and the Grenadines Association of Toronto Scholarship Program is intended to assist our young people to pursue their educational goals. The program kicks off this year with a \$500.00 bursary for one recipient from Western Union. From the 2006/2007 school year the successful recipient will receive \$1,000.00. Please go to page 12 and 13 or visit our website www.vincytoronto.com for more details and the application form. The closing date for submission of requests for this year is August 31 so please respond early.

Mothers Day Dinner

The Executive and members of the Mothers Day Dinner Committee herewith express thanks to all those who in one way or the other contributed to the success of this year's event. It is interesting that since the move from the Northwood Community Centre last year this event is attracting more patrons. Congratulations to Gracelyn Providence and her team for coordinating this year's event.

2005 Vincy Unity Picnic

Plans for this year's picnic are in high gear. The Organizing Committee is planning to accommodate and entertain a crowd expected to top last year's estimated 6,000. Buses from Toronto will leave at 7:00 a.m. from three different locations and persons wishing to travel by bus are asked to get their tickets early. Tickets are on sale at \$35.00 each. By registering to attend this year's picnic attendees would become eligible to win a number of prizes including a trip to any Caribbean destination that BWIA flies from Toronto. Please see the flyer on Page 11. For persons wishing to drive and want directions please visit our website, www.vincytoronto.com and look for the flyer, "2005 Vincy Unity Picnic – (For Private Vehicles)".

Association Seeks Logo

Another long sort after project is soon to become a reality. The Public Relations and Membership Committee has launched a competition to choose a logo for the Association. The logo will be used to identify the Association and will be seen on letterheads, Insight, the website and all promotional material for the Association. Full details of the competition can be found on Pages 4 and 5 and also on the website.

Committee Reviews Constitution

After a number of unsuccessful attempts a committee headed by Grace Stephens is currently reviewing the Association's constitution. Visit www.vincytoronto.com to view the current copy and help in shaping this constitution by contacting Grace at 416-755-8184 or by email to "gracetoney@hotmail.com" to submit your recommendations.

Independence Anniversary Celebrations

This year's Independence Anniversary Committee headed by Audrey Lewis is hard at work finalizing the details for the celebrations. The Thanksgiving Church Service will be held on Sunday, October 16 at Rosewood Church of the Nazarene, 657 Milner Ave, Scarborough. The Banquet will be on October 22 at Spectacular Embers Banquet Hall, 781 Warden Avenue and tickets will be on sale in due course. The Town Hall Meeting with the visiting government representative will be held on Sunday, October 23 from 4:00 p.m. at North York Civic Centre, 5700 Yonge Street, Council Chambers.

Dr. Allan Liverpool Award

The Dr. Samuel Allan Liverpool Award is given by the Association in honour of one of its founders and the first president. The award is to be presented annually to one or more individuals whom the Association feels has made considerable voluntary contribution to the Association and the community.

To be eligible for the award, the person's name must be submitted to the Association outlining his or her contributions in serving the St. Vincent and the Grenadines Association of Toronto, the Vincentian community in the Greater Toronto Area, the wider Vincentian community and the Canadian community at large. Members and friends of our community are encouraged to forward the names of any individual they feel merit this award to:

The Recognition Committee
St. Vincent and the Grenadines Ass'n of Toronto Inc.
P.O. Box 392, Station F
Toronto, Ontario, M4Y 2L8

or email to: svgatoronto@vincytoronto.com

The closing date for receiving nominations is August 31, 2005.

MONTHLY GENERAL MEETING
*Please bring along a friend to the next meeting
of the Association on Sunday, June 26 at
4:00 p.m. Northwood Community Centre, 15
Clubhouse Crt, North York (Keele & Sheppard)*

SVGAT LOGO COMPETITION

Purpose: To have interested persons submit their impressions of a logo for The St. Vincent and the Grenadines Association of Toronto Inc.

The Logo: A permanent emblem which will be used to identify the Association. It should in some way or the other reflect the aims, objectives or purpose of the Association. It will be used on all letterheads, stationery, crests, souvenirs, newsletters, websites or any promotional items for the Association. The size of the logo should not be less than 1" by 1" nor larger than 5" by 5".

Eligibility: Anyone who is interested in entering and anyone can submit multiple options.

Timing: The competition is now opened and all entries are to be submitted by mail with a postmark not later than September 15, 2005 to the attention of the Logo Competition Committee at the address below.

Competition: The design is to be submitted in full colour, black and white and electronic format on a (3 ½" floppy disk) as the entrant would like it to appear and be accompanied by a description and meaning of the symbol. Nothing should be written on the Entry Form that would clearly identify the entrant.

Results: If a suitable entry is identified the results of the competition will be announced at the 2005 Independence Anniversary Banquet on October 22, 2005. The winner, if not present at the announcement will be notified in writing.

Reward: The successful applicant will receive a prize up to the value of \$500.00 for the design.

Ownership: Following the competition the successful design will become the property of The St. Vincent and the Grenadines Association of Toronto Inc. and by entering the competition each entrant acknowledges same and can no longer lay claim to it. The Association will not lay any claim to the unsuccessful submitted designs and they may be returned to the other entrants if they so desire. The Association reserves the right to contact the winning entrant to work with him/her to modify as may be needed or required for a final output of the design.

**St. Vincent and the Grenadines Association of Toronto Inc.,
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Taking Charge of Your Business...You're Success!

You may have the most outstanding business product, idea or talent in all of North York, all of Toronto, Ontario, Canada, yes SVG, but in order to be successful, you have to let the world know about it. You must have pride in ownership to present your product or service. Your company will grow, but it will keep hitting road blocks.

It is all up to you to focus. You may fail the first few times, but you will learn in a very short time about what works for you.

In this article on TAKING CHARGE we will review and make suggestions that have been tried before. Your business may have tried it before, but just this time the approach may be the one you are looking for, or it may include a simple step you have to re-evaluate to fit your business.

YOU'RE UNIQUE SELLING PROPOSITION (USP)

Tell them like it is. What is a unique selling proposition? Your unique selling proposition is your philosophy. The philosophy tells the business community three pieces of information:

- 1----What you have to offer (specifics).
- 2----What you do that makes you special
- 3----What you will do for them that would make them want to do business with you (your pitch in fifteen seconds or less).

A USP is an integral part of your personal or business headline. After the name, it is a phrase or slogan of your descriptive who, what, where, when, and why all wrapped up into a tidy package. A USP is the written equivalent of your essence, of what you stand for.

Why Should My Company Have a USP?

A USP is the advantage that makes you different from everyone else in your business arena. The reason you want to have one is because:

- * A USP zeroes in on what you do best
- * A USP tells your market what distinguishes you from your competition.
- * A USP tells your market exactly the services or product you are representing.
- * A USP defines your strength.
- * A USP makes the claims you can deliver on.

What Does A USP Appeal To?

The best USP appeals to emotional needs. It assures your customer that your company and your services or product will satisfy them the best.

Here are a few examples:

BMW – *Shear Driving Pleasure.....*

PUROLATOR *Where Business is going.*

BWIA *sharing our warmth with the world.*

When your USP is longer than one line and verbally in fifteen seconds here are some examples.

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Thanks to all those who assist in one way or the other to make the production of Insight possible. We invite others to join in sharing their articles with our readers.

COMMUNITY NEWS

Help a child in your homeland to a brighter future. *An old saying reminds us that children are the future of every country. Each of us can help to build the future of St. Vincent and the Grenadines by helping the children. As little as Cdn\$1.00/day per month will give at least EC\$50.00 per month. This small amount can help to keep a young child in school and contribute to his or her development in the community. If you are interested in learning how you can go about sponsoring a child in St. Vincent, how to get such a child and how to ensure that your sponsor money is used for the development of that child, please enquire in confidence by writing to the Association either through regular mail or e-mail. You can also contact any member of the Executive.*

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Consul General: Mr. E. Bernard John
website: www.svgconsulate.org
Email: consulategeneral@svgconsulate.org

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.

www.svgconsulate.org functions as an effective tool in assisting us to reach our goals. Visit our website.

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*Independence Banquet
Saturday October 22nd, 2005*

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Calendar of Events

<u>EVENT</u>	<u>DATE</u>	<u>VENUE</u>
Monthly General Meeting	June 26, 2005	Northwood Community Centre
Canada Day Picnic	July 1, 2005	Chinguacousy Park, Brampton
Annual Vincy Unity Picnic	July 16, 2005	Brown’s Bay Park, 1000 Islands
THE MONTHLY GENERAL MEETING FOR JULY IS CANCELLED		
Annual Charity Walk-a-thon	August 13, 2005	Yorkwoods Library Theatre
Monthly General Meeting	August 28, 2005	Northwood Community Centre
Monthly General Meeting	September 25, 2005	Northwood Community Centre
Independence Church Service	October 16, 2005	Rosewood Church of The Nazarene
26 th Independence Banquet	October 22, 2005	Spectacular Embers Banquet Hall
Town Hall Discussions	October 23, 2005	North York Civic Centre, 5700 Yonge
Monthly General Meeting	October 30, 2005	Northwood Community Centre
Monthly General Meeting	November 27, 2005	Northwood Community Centre
Winter Games Evening	December 3, 2005	TBD
Children’s Christmas Party	December 17, 2005	Northwood Community Centre
Community Sing-a-long	December 18, 2005	Northwood Community Centre
Christmas Hamper Distribution	December 23, 24	

Coconut Water and Cassava Products to be Exported

The processing of cassava and coconut water for export will soon be a reality. A coconut water processing plant at Congo Valley and one for cassava at Orange Hill were expected to be in operation sometime by the end of June. The United Nations Food and Agriculture Organisation (FAO) provided technical assistance for the establishment of the plants.

FAO representative Rosa Rolle said the coconut water plant would extend the shelf life of coconut water to approximately six months. The plant which would be run by Mountain Top Spring would use a cold sterilization process to eliminate the components of coconut water that caused early spoilage. It is expected to produce up to 1200 litres per day during the early stages.

The cassava processing plant will be producing farine and other cassava by-products for export. According to Doctor Linda Wickham, FAO Consultant, the unit has the potential to grate 70 pounds of cassava in 10 minutes and would be of a very high quality and done in a safe and sanitary environment.

Johnson & Johnson is recalling all lots and flavours of the following: Children's Tylenol Meltaways (80 milligram) blister packs; and Jr. Tylenol Meltaway that come in 160 milligram blister packs.

Blister packages allow patients to push a pill through thin packaging material and are designed to be convenient for parents who need dosing flexibility depending on the age or weight of the child, according to the company. The package design includes blister cavities that contain one tablet while other cavities contain two tablets. As a result parents may mistakenly believe that the two tablets contain the recommended 80 milligram dose of the active ingredient acetaminophen, when two tablets would actually provide 160 milligrams.

Caribbean Net News understands that taking large amounts of Tylenol can cause liver damage. Johnson & Johnson's McNeil Consumer & Specialty Pharmaceuticals division has been working with the US Food and Drug Administration on the voluntary recall since March, according to a McNeil Consumer spokeswoman. The Meltaways tablets have been available since last fall.

...Caribbean Net News Grenada Correspondent.

Bramble moves to Suriname

This country's Deputy Chief of Mission at the Embassy of St. Vincent and the Grenadines to the United States, and Permanent Mission to the OAS, Fitzgerald Bramble, will demit office on June 24, 2005, to become the Director of the Organization of American States National Office in Suriname. Bramble, who served in the Washington Mission for the last four and a half years, has distinguished himself as a diplomat with extensive experience in bilateral and multilateral diplomacy.

"My tenure in Washington, as St. Vincent and the Grenadines' Deputy Chief of Mission, provided me with the unique opportunity of representing the government and people of St. Vincent and the Grenadines, both at the bilateral and multilateral levels on a range of issues critical to the political, economic, social and cultural development of my country," the diplomat remarked.

Bramble said he looks forward to assuming his new post in Suriname, and that he would do this best to faithfully and effectively represent the interests of the OAS, while at the same time work to ensure that Suriname is positioned to maximize the benefits of its membership in the OAS.

More Taiwan Scholarship for SVG students

A total of 225 Vincentian students have been the recipients of \$100,000 from the Embassy of Taiwan here. Of the students 75, from primary schools, were each granted US\$200; from secondary schools, 130 got US\$500 each while 20 college students each received US\$1000.

The donations were made by resident Ambassador Elizabeth Chu at a ceremony attended by Minister of Education and

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Children medicine label confusion

Johnson & Johnson said last week it was recalling several varieties of its Tylenol painkiller for children due to confusing packaging information that could lead to young patients being given overly high doses of the over-the-counter medicine, which is now circulating in the Caribbean.

Sports Clayton Burgin and other ministry staff including Laura Browne, permanent secretary, Suzanne Dougan, chief education officer, principals, teachers and parents.

Ambassador Chu expressed best wishes to all the scholarship recipients and encouraged them to work harder, not only for self-fulfillment, but also for the betterment of the well being of Vincentian society. She also thanked the principals, teachers, and parents for their roles in the human resource development of St. Vincent and the Grenadines.

OPINION COLUMN

(We invite members and our readers to share their opinions with other readers in matters of interest to the development of the Association and our community.)

Focusing on the Future

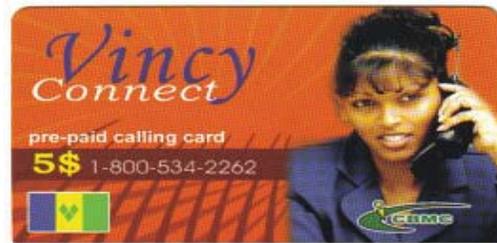
One committee that is working to improve the way that the association operates is the Constitution Review Committee. At this present time, St. Vincent and the Grenadines is going through a similar process, after which, it is assumed that SVG will be the most democratic country in the Caribbean. Fact or fiction, it is left to be seen. My desire is to see our association's review be so comprehensive and thorough that our revised constitution mirrors that of some of the more successful organizations in the province.

It is not good enough to say only that we are one of the oldest Caribbean associations in the province. We must look at our association and figure out what is keeping us from advancing. There are many theories as to why! The fact is, the constitution was written for a different era and for an association put together for different reasons. The idea is not to throw out everything that is in the present constitution, but to take out the restrictions that seemingly leave us as a passive, meaningless group and put in active phrases that will allow us to be recognized as a leader by the various political entities and other Caribbean groups in the province.

We must be able to get involved in the goings on in the community. We must become an organization that represents the Vincentian Community here in the greater Toronto area and stop trying to be a charity for SVG.

Monty Providence

TOWN HALL DISCUSSIONS
Sunday October 23rd, 2005, 4:00 p.m.
North York Civic Centre (Council Chambers)
5700 Yonge Street
(Yonge north of Sheppard)



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Frank Ross

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

STUDENT RECOGNITION INFORMATION SHEET

Recognizing students who have successfully completed the Ontario Secondary School Program.

The idea is to lend community support and show encouragement to those students who have completed and graduated from the program and to further encourage them to pursue a higher level of education through college or university.

As members of a smaller community we are mindful of the importance of education for our advancement within the wider Canadian and world community, therefore, it is the responsibility of the leaders and parents within our community to inspire our young people to strive for the ultimate goal.

On the occasion of the celebration of the Independence Anniversary of our country, St. Vincent and the Grenadines, we choose this time to publicly show our support, encouragement and render thanks to our future leaders.

ELIGIBILITY

The student would have completed the Ontario Secondary School Program during the current year or the year previous to the one in which the recognitions are held and fall into at least one of the following categories:-

- a) Be a citizen of St. Vincent and the Grenadines.
- b) Be the child of a citizen of St. Vincent and the Grenadines either by birth or naturalization.
- c) Be a member of the St. Vincent and the Grenadines Association of Toronto.
- d) Be the child of a member of the St. Vincent and the Grenadines Association of Toronto.

The Information Sheet is available on the website and must be completed and returned to the Association by September 30.

Send to: The Executive Secretary, St. Vincent and the Grenadines Association of Toronto Inc. P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8. email: svgatoronto@vincytoronto.com

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FEATURED ARTICLE

What is Diabetes?

Diabetes Mellitus is a group of diseases characterized by high levels of blood glucose (sugar). It results from defects in insulin secretion, insulin action, or both. Insulin is a hormone that is secreted by the pancreas. It is necessary in the body because it regulates the level of glucose in the blood. There are three types of diabetes. Type One Diabetes, also known as insulin-dependent diabetes mellitus or juvenile diabetes, occurs in young adults and children. Gestational Diabetes develops during pregnancy due to a shortage of insulin. Although this form of diabetes usually goes away after deliver, a woman who has had it is more likely to develop Type Two Diabetes later in life. Type Two Diabetes, known as non-insulin dependent diabetes mellitus or adult - onset diabetes is the more prevalent form of diabetes. It accounts for 90-95% of all known persons with diabetes.

What are the signs and symptoms of diabetes?

Many people who are diagnosed with Type Two Diabetes experience no warning symptoms, but the disease can announce itself with any of the following:

- Frequent urination
- Unusual thirst
- Extreme hungry
- Unusual weight loss
- Extreme fatigue (tiredness)
- Irritability
- Blurred vision
- Frequent infections, Recurring skin, bladder or gum infections
- Cuts or bruises that are slow to heal
- Tingling or numbness in the hands or feet

Who is more likely to be affected?

Type Two Diabetes has a hereditary trait, meaning it runs in families. It has a gradual onset, and occurs often in adults over 40 years old who are overweight, obese or physically inactive. Other contributing factor includes giving birth to a baby larger than 9 lbs, increased glucose tolerance test and being of African descent. The following statistics illustrate the magnitude of diabetes among African Americans:

- 2.3 million African Americans have diabetes
- For every 6 white Americans who have diabetes, 10 African American have diabetes.
- African American comprise only 13% of the American population. Approximately 10.8% of all African American have diabetes.
- In Canada, Blacks comprise 2.01% of the Canadian population. 3.8% of African Canadians have diabetes.

How can diabetes be prevented?

Although some factors leading to diabetes are not modifiable, age and race for example. There are interventions that can prevent or delay the disease.

Exercise --Regular physical activity is a protective factor against Type Two Diabetes.

Diet—Obesity is a major risk factor for diabetes. Excess weight carried above the waist is a stronger risk factor than excess weight carried below the waist. African Americans have a greater tendency to develop upper-body obesity, increasing their risk of diabetes.

Routine Medical Check-up—Visit your doctor regular for blood test, especially if other family members have diabetes.

Once you have the disease what are the treatments?

- Treatment may be as simple as watching your diet. This includes cutting back on the amount of starchy foods (bread, flour etc).
- Eliminating sugar from your diet. This includes condensed milk, white sugar, brown sugar, pastries, cakes, cookies. Replace with diabetic recommended products, for example, Equal.
- Introducing exercise into your daily routine.
- Self-monitoring of blood sugar—monitor glucose up to four times a day or as prescribed by your doctor.
- Medication—take medication (by mouth or by injection) as prescribed by your doctor.
- Routine medical check- up. Visit your doctor or other health care practitioner regularly for check up.

The above article is contributed by Mrs. Paulette Lewis, RN., BHScN, MScN.

EDUCATION COMMITTEE UPDATE

The SVGAT has re-established The Education Committee under the co-chairs of Kenneth (Ken) Delecia and Frederick (Fred) Williams. Other committee members are: Fred Prescod; Ed. Bernard; Larry Daisley; Edson Huggins; Monique Huggins; Kathleen James (on a project basis) and Ezra Clark. The committee is still in need of additional members either on a permanent basis or on an ad hoc/ project basis and would welcome a call or an e-mail from anyone who is interested.

The committee has chosen to expand the term “Education” into its broader meaning and as such will be bringing to the organization a number and variety of interesting presentations in many forms. Many of these presentations, information sessions and workshops are offered at a considerable cost in other organizations and workplaces, however, this committee will be making every effort to provide these programmes to the association membership etc. at no cost. (Membership within the organization does have benefits).

The committee will also be conducting a NEEDS ANALYSIS among members of the SVGAT in order to help the committee determine what programmes, in addition to the ones already being worked on, members would like to have offered

At the May 29 general meeting this committee’s presentation was done by Mr. Fred Prescod a committee member and member of the Association in his private life. In his professional life, however, Mr. Prescod is a well respected and highly regarded *horticulturist and (indoor) plant specialist.*

Mr. Prescod, whose career also included over two decades at the Royal Botanical Gardens in Hamilton, Ontario where he held for a number of years the position of Program Director did a short presentation on the value of indoors plants to the *Air Quality* within the home .

Another very interesting presentation by a Vincentian well known in the area of Arts and Drama is scheduled for the June 26 general meeting.

Other upcoming presentations will include topics such as: Immigration Matters; Wills and Estate Planning Seminars; Retirement Seminars; Group Dynamics and Organizational Behaviours; Informational Tours to Places of Interest in Southern Ontario, Organized Debates, Panel Discussions, a number of "How To" illustrations and workshops, Sessions on Accessing Community Services and Government Programmes, a history of the SVGAT, a "walk" (historic informational presentation) through the Islands of SVG and much, much more.

Fred Williams, Co-chair



"Hand in Hand"

*"Hand in Hand, Let's Build Our Land"
The grace of God his mercy stands—
That we will share in Unity
And spread the joy of prosperity.*

*Our fore-parents pain and sweat we bear
Because we have not learnt to care,
We ask that you will grant us ear—
So we can hear and learn to share.*

*Give us the light O God we pray
That we can see more every day,
Our leaders mission we perceive
And work with vision to achieve.*

*O God we know that you will grant;
The vision of our parent plan,
To be as one and one in all;
And build our nation "hand in hand".*

Poem by:- Elma Gabriel
©
Oct.9th,2001

ANNUAL RELIEF WALK-A-THON

Sunday, August 14, 2005 from 10:00 a.m.
Yorkwoods Library Theatre,
(Keele & Finch.)

ALL PROCEEDS TO CHARITY
Contact June Ellis at 416-261-5399 to
participate, sponsor a walker or for further
information.

Executive has new Member

Glendon Carmichael has been added to the Executive as a Nominated Member. Here is a complete list of all Executive Members and how to contact them.

President – Jason Jones; Tel: 905-999-1771

jajones92@sympatico.ca;

Vice President – Elma Gabriel; Tel: 416-282-4557

elma.gabriel@sympatico.ca;

Executive Secretary – Adina James; Tel: 416-661-0343

adinajames@hotmail.com;

Treasurer – Wendel Cole; Tel: 905-792-1248

wendelc@yahoo.com;

Assistant Treasurer – June Ellis; Tel: 416-261-5399

juneellis_2@sympatico.ca;

Public Relations Officer – Yolande Lewis; Tel: 416-809-9820

ylewis@sympatico.ca;

Immediate Past President–Kenneth Farrell; Tel: 416-762-8283

farrell4180@rogers.com;

Nominated Member – Audrey Lewis; Tel: 416-829-6201

siztazsvg@yahoo.com

Nominated Member –Glendon Carmichael; Tel:416-321-9029

gcarmichael@sympatico.ca

Obituaries

The Membership and Publicity Committee was recently informed of the deaths of Dr. Alban Liverpool who died in early May and Miss Lucy-Anna Mona Jones in June.

Dr. Liverpool was a prominent member of the Vincentian and Caribbean Community here in Toronto for many years and was credited for being responsible for establishing the first Black Medical Clinic in Toronto. He was a veteran of the Second World War.

Miss Jones who hailed from Union Island was the mother of 10 children including Jason, the current President of the Association. Miss Jones spent her last days in Winnipeg, Manitoba where she was laid to rest on June 18.

The Membership and Publicity Committee on behalf of the Executive and General Membership of the Association herewith extend condolences to the Liverpool and Jones families as well as to all other families who lost their loved ones.

St. Vincent and the Grenadines Association of Toronto Inc.

2005 SCHOLARSHIP/BURSARY PROGRAM

Purpose:

To encourage and assist youth from the St. Vincent and the Grenadines Community domiciled in areas served by the St. Vincent and Grenadines Association of Toronto (SVGAT) to pursue their educational goals at the University or College level.

To recognize academic efforts and SVG community involvement and contribution.

Number and Value of Awards:

The value of the bursary awarded is Cdn\$500.00 to one recipient. The bursary is non-renewable and non-transferable. The bursary is to be used for any full course of study, leading to a Diploma or first Degree.

Where tenable:

This award is tenable at any recognized university, community college or trade school.

Eligibility:

To be eligible the applicants must meet the following conditions:

- a) Individuals who are not older than 24 years of age and whose parents, guardians or grandparents are of St. Vincent and the Grenadines (hereinafter referred to as "Vincentian") descent; or any Financial/Honorary Life Member of the St. Vincent and the Grenadines Association of Toronto Inc.;
- b) A first year or continuing student enrolled at or currently attending a university, college or trade school;
- c) Submit proof of acceptance to university or college;
- d) Be legally entitled to attend school in Canada.

Scholarship Committee

The Committee of Past Presidents of the St. Vincent and the Grenadines Association along with a representative of the current Executive shall form the Scholarship Committee and be responsible for administering it on behalf of the Association.

Selection of Scholarship Recipients:

The Selection Committee, appointed by the St. Vincent and the Grenadines Association of Toronto Inc. and made up of three (3) members of the Vincentian Community in Toronto and environs will select recipients. The decision of the Selection Committee shall be final.

EVALUATION WILL BE BASED UPON:

- A copy of Academic transcript.
- Two letters of reference, one from an academic institution attended within the last two years of the year of application; and the other from a community member other than a parent outlining:
 - a) How the referee came to know you.
 - b) How long the referee has known you.
 - c) Why the referee thinks you deserve the award you are applying for.
- An essay of approximately 500 words outlining (in the student's own words) on the following:
 - a) The History (Heritage and Culture) of St. Vincent and the Grenadines;
- The applicants should also outline not only their academic achievements, but also any volunteer activities and leadership roles they have assumed.
- The applicant may also include any economic factor that they feel is relevant to the application.

Requirement of the Recipient

- The Recipient should be available to participate in future award ceremonies and serve as role model for others in the Vincentian Community.

Terms of Payment

The full amount of \$500.00 will be paid to the recipient at the Annual Independence Anniversary Banquet of the Association on Saturday, October 22, 2005.

Closing date for application of scholarship for academic year

Completed application package (please see list of required documents) **must** be received at the following address no later than August 31st.

The Executive Secretary
 St. Vincent and the Grenadines Association of Toronto Inc.
 P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8.
 email: svgatoronto@vincytoronto.com (applications may be emailed.)

The bursary recipient will be contacted in a reasonable time and presented to the community during the annual Independence Anniversary celebrations.

=====

St. Vincent and the Grenadines Association of Toronto Inc.

SCHOLARSHIP/BURSARY APPLICATION FORM

Last Name _____ First Name _____

Address _____

Mailing address (if different from above) _____

E-mail address _____ Tel: _____

Parents/Guardian Name and Address: _____

Last High School Attended _____

Last Grade _____ Year of Graduation _____

Name of the Institution you are/will be attending: _____

List School and community achievements (you may attach a separate sheet): _____

Signature _____ Date _____

Scholarship/Bursary Award Checklist: Please include the following:

- Academic transcript
- Two letters of reference
- A typed essay of approximately 500 words on the topic selected by the Scholarship Committee.
- A brief resume.

P.O. Box 392, Station F, Toronto, Ontario, M4Y 2L8. email: svgatoronto@vincytoronto.com

2005 VINCY UNITY PICNIC

organized by
ST. VINCENT AND THE GRENADINES ASSOCIATIONS
OF
MONTREAL, OTTAWA, TORONTO



Join Vincentians and friends in the Montreal, Ottawa and Toronto areas as we celebrate this Annual Unity Outing

**Brown's Bay Provincial Park, 1000 Islands
Saturday, July 16, 2005 from 10:00 a.m.**

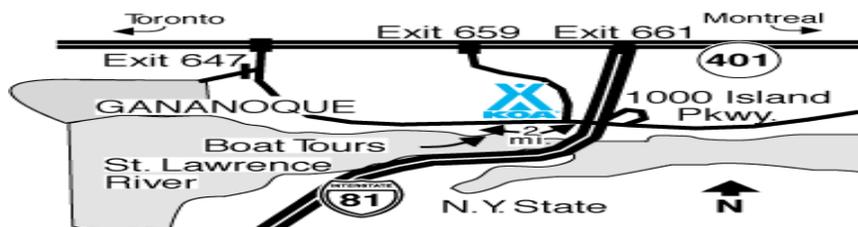
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Jane & Finch (Outside McDonald's Restaurant)
Scarborough Town Centre (Outside YMCA Building)
\$35:00 Per Seat Get Your Ticket Early

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Claudius Samuel 416-651-8595; Grafton Bibby 416-496-1029; Gideon Exeter 905-831-1814
Hairoun Bakery 416-754-3854 Ruby's Beauty Salon 416-736-7896

For Those Traveling by Private Vehicles

From highway 401 (Eastbound or Westbound) exit 659, go south 1.5 km to 1000 Islands Parkway.
Turn west (right) onto Parkway, go 3 kilometers to the Park on right, 514 - 1000 Islands Parkway.



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Saint Vincent and the Grenadines Association of Toronto Inc. Membership Registration Form

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

Mission Statement

The St. Vincent and the Grenadines Association (SVGA) of Toronto is a non-profit community based Association. We are committed to providing assistance and support to groups, institutions in St. Vincent and the Grenadines, Ontario and wherever the Association deems fit. 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 IN EVERY MONTH from 4:00 p.m. at Northwood Community Centre, 15 Clubhouse Court (Keele St. & Sheppard Ave. W), 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 and mail to:

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Website: www.vincytoronto.com email: svgatoronto@vincytoronto.com