



From the President's Desk

Nature has taught us that resources are limited, the more you use it the more it diminishes; but we know that the greatest asset that any nation can be proud to have is its human resources. With this in mind, I have seen that if people are not treated with care and appreciation it could result in the downward spiral of any country and/or organisation.

Our organisation is a non-profit organization therefore we rely heavily on voluntary service in order to achieve our aims and objectives. Many have toiled to start this association, which is in its 37th year of existence. Hats off to our founding fathers!! A special thank you to the Liverpool brothers and their families who sacrificially gave of their resources - Dr. Allan Liverpool and Hermus Liverpool, the first and second presidents of the Association respectively.

Given such a great start, we need to identify the resources within our community and the Greater Toronto Area in order to effectively organize and push start the association, which appears to be moving slowly. It is critical for the survival of this association that we identify these resources. Having done so, they should be able to fill missing gaps at all levels within the organization. Equally, knowing where our resources are located and how best to obtain them would help to alleviate the problems of duplicating and making the same errors which could lead to wastage of resources, mismanagement of time and the under utilization of man power.

Successful management would result in the upward development of any administration's regime whether they are being paid a salary or by providing a voluntary service. Proper management of our resources tends to rest significantly on motivation/moral, and on attitudes of functionaries at all level.

During my year in office, I have observed that lack of proper supervision in the delegating of tasks usually lead to misrepresentation of office and lack of respect for those who are in authority. Therefore operational tasks and performance criteria must be clearly specified.

Understanding the significance of delegating and utilizing resources, each Executive member and other members were assigned a committee/steering committee to chair during the year 2004 as follows:

- President: Ken Farrell - Unity Picnic
- Vice President: Sonya Sutton - Relief
- Executive Secretary: Marcia Farrell - Children's Christmas Party

- General Secretary: Cordel Telfer - Independence Committee
- Treasurer: Wendel Cole - Finance
- Assistant Treasurer: June Ellis - Finance
- Public Relations Officer: Kenneth DeLecia - Public Relations
- Immediate Past President: Gideon Exeter - Scholarship Programme
- Cricket Team Representative: Jimmy Lewis - Fund Raising & Calypso Competition
- Member: Ed Bernard - Constitution Review
- Member: Glen Carmichael - Selection and Recognition

The Relief Committee raised funds through a Walk-a-thon and a Gospel Concert. With those funds the Association was able to make monetary contribution to the Bread of Life Community benefiting children affected by HIV/AIDS in St. Vincent and the Grenadines, and the Grenada Hurricane Relief Fund. Three families in our local community were blessed this season with food hampers and toys.

The Association and co-sponsor Western Union hosted the Children's Christmas Party again this year on December 11th 2004. We had ninety-six children registered for the party and each child received personal gifts and had a very good time. Thanks to the Children's Christmas Party Committee.

The other committee events were of a social nature which was geared towards the cohesion of the community. Special thanks to all Committee chairs and members for without your volunteered help the year 2004 would not have been successful. For the year 2005, let us continue to make our contribution towards the development of our people - the greatest assets in any nation.

As we endeavour to build, let us do so by setting good examples for our youths. They are the leaders and torchbearers of tomorrow; therefore our investment in them should be solid, positive and long lasting. Investment such as our time and finances to help them move forward to realize their dreams would help them to keep their heads up, declaring how proud they are to be nationals both of Canada and St. Vincent and the Grenadines.

Kenneth Farrell, President

HAPPY NEW YEAR

The Executive Committee wishes all members and friends of the Association as well as other readers of Insight and Happy and Prosperous 2005. Thanks for your support.

**ADVERTISE YOUR BUSINESS TO
VINCENTIANS**

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, or phone at (416) 763-9889.

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Peter Haywood, Proprietor

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

Apart from the members elected as Executive Members a number of sub-committees are formed to assist with the work of the Association. We invite you to volunteer on one of these committees by contacting any member of the Executive. The standing committees are as follow: -

- Education & Culture* -
- Sports & Recreation* -
- Finance* -
- Fund Raising & Entertainment* -
- Seniors Enrichment* -
- Relief* -
- Public Relations* -
- Youth* -

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OUR BENEVOLENCE

Throughout the years of its existence, the Association has touched the hearts and minds of a number of folks in their time of need. We regularly support and contribute to the Toronto Hospital for Sick Children. Other Toronto charities or organizations have also benefited as well as similar groups in our native St. Vincent and the Grenadines. So too, have individuals and families who directly tasted our benevolence.

This year, through the Cricket Team associated with the St. Vincent and the Grenadines Association and our Relief Committee, the Association assisted members of the organization who were in desperate need. Assistance was also provided to the Grenada Hurricane Relief Fund and the Bread of Life Society in St. Vincent and the Grenadines.

In continuing the Christmas Food Hamper Project which began in 1988, three households of Vincentians each received hampers and cash valued at over \$150.00. Those who received the contributions were pleasantly surprised to see the care taken to select those necessary items to keep them over the holidays.

While over the years we have taken the position of not looking out for publicity for our generosity, it is felt that the Association needs to make its contributions more widely known so as to attract and increase donors. If you wish to help the Association in these endeavours you can make your donation through the Relief Committee which ensures that all funds raised or collected for relief purposes are appropriately dispensed.



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A Tribute to a True Friend

They say that people come into your life for a reason, a season and a lifetime. I have the privilege of saying that I knew someone who fit into the latter category. His name is **Trevor S. Barker**. He was born on February 21st, 1978. I first met him in a second-year linguistics course at York University. Immediately, I had a curiosity to know where he was from. When he told me that his parents were from St. Vincent, I knew he would be someone whom I had to get to know. I was further surprised to find out that we were also connected through a few of his friends and relatives. Trevor became a good friend to me and my family.

Recently, Trevor was in the process of finishing his degree at York University and he was making plans to apply to Teacher's College. Trevor had other accomplishments. In 2001, Trevor was a recipient of the SVGAT Students Recognition Award. Trevor was also a valued tutor and was very passionate about his work. I remember how excited he was about it and that he searched for a special name for his enterprise. He eventually chose the name "Tamarean Tutoring" after the wisdom of the ancient Egyptians. Some of his students were of Vincentian heritage and others were in the process of securing his tutoring services. As a result, Trevor's recent passing has impacted his friends, family and the Vincentian-Canadian community in Toronto.

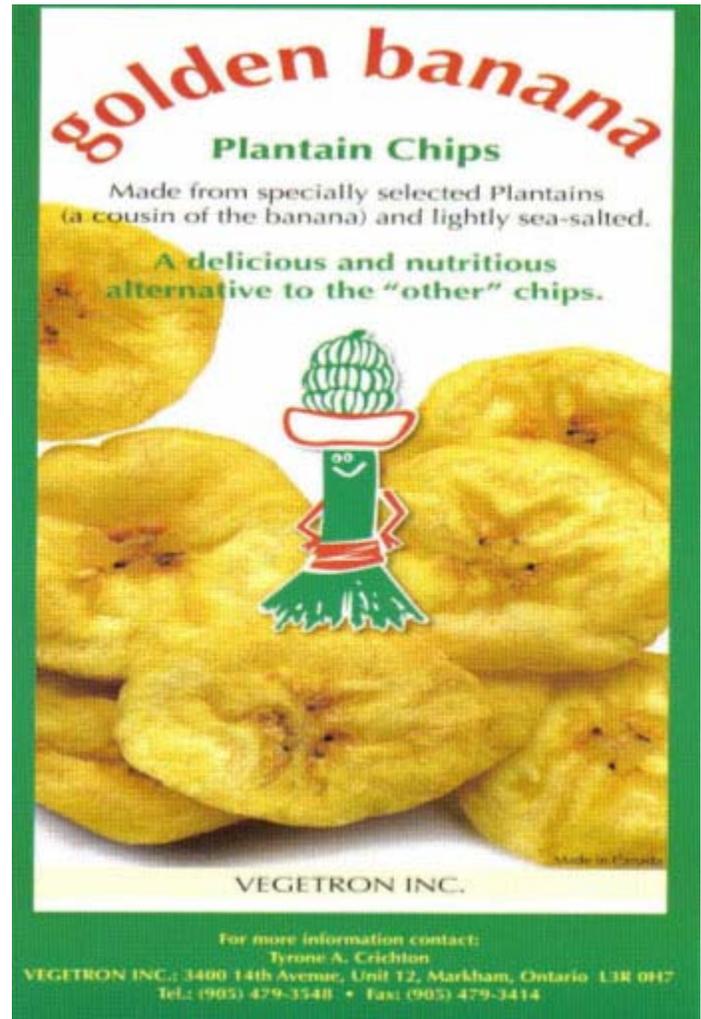
There are a number of things that I could mention, but there are four things I will always remember about Trevor. First, he was not selfish and would help anyone close to him who needed him - time and distance did not matter. Once Trevor considered you as his friend, you were his friend. He didn't hold grudges and he always made efforts to keep in touch. He had a kind and giving spirit. For this reason, many of his friends called him "Genuine." Second, he had a thirst for knowledge. He often discussed and debated topics from his African identity to his aspirations. Third, his "serious side" was often overshadowed by his sense of humor. Trevor could make anyone laugh whether it was through his jokes or his own version of Anancy stories like "why giraffes had spots." When he really wanted to get me going, he used to say that St. Vincent didn't have an airport, so, bamboo sticks were used to stop the traffic so that planes could land. This of course is an example of humour about St. Vincent, but he also looked forward to visiting the island one day.

Finally, the lasting lessons that I believe Trevor left with those close to him were to edify others, to be happy, and to achieve to their highest potential. He always encouraged his students, family members and friends. He always felt the need to remind those close to him that he cared about them and that they were important to him. I think that we can all take that as Trevor's legacy. We shouldn't be afraid to let someone know how we feel about them, love yourself and pray that our Maker will bless you with your heart's desires. These are just some of the last things he recently shared with

me and I am sure this was his wish to all whom he loved. It was a true blessing to know Trevor and I will never forget him.

My sincere condolences go out to the Barker family as his passing is a great loss. Trevor's physical body may be gone, but the lessons and memories about Trevor will last a lifetime.

by Kathleen James.



ST. VINCENT AND THE GRENADINES ASSOCIATION CRICKET TEAM

ANNUAL VALENTINE'S DANCE

Saturday, February 12, 2004

C.A.W. UNION HALL
30 Tangiers Road, North York
(Keele & Finch)

Admission: \$10.00

**NOTICE
OF
ANNUAL GENERAL MEETING

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

Sunday, January 30, 2005 @ 4:00 p.m.

Northwood Community Centre
15 Clubhouse Court, (Keele & Sheppard area)

to

Review the activities of the Association
for the previous year

and

Elect a new Leadership Team
(Executive) for 2005.

ALL ARE INVITED TO ATTEND

The Annual General Meeting

(Reprinted from January 2004 with request)

The Association's constitution has served us well over the years. As far as I am aware the original constitution is still in place despite several attempts to amend it. A few years ago during discussions to revise it one of our members praised the authors of that document by stating that the authors made it a point to make all of us remember when our meetings are held by designating the last Sunday of each month as the day for the monthly general meeting. As a result, for anyone who has been involved with the Association for any period of time there is no excuse for not knowing when meetings are held. The constitution also dictates that the Annual General Meeting is held on the last Sunday of January in each year.

The Annual General Meeting is held to review the activities of the Association for the previous year and to elect a new executive for the year. Many of us have raised concerns about the life of the Executive and suggest that it should be extended for at least two years. While there is good argument for that suggestion it is also felt that since the constitution provides for incumbents to be eligible for re-election, if one served well in the previous executive and wishes to continue he/she should have no problem being returned by the membership. On the other hand, some quite rightly feel that due to the performance of some of us on the executive a year is too long.

As we prepare for the coming AGM I would like to recommend a number of things to those who may be attending. Firstly, I would like to encourage all members be they financial or not to attempt to get a copy of the Association's constitution. To get an electronic copy of the constitution please email request to

president@vincytoronto.com or it is available from all executive members. I further invite you to attend and participate in strengthening the Association by making recommendations that you feel would serve our community well, making yourself available to be part of the leadership team and participate in electing a strong and vibrant group of individuals as the Executive. The St. Vincent and the Grenadines Association of Toronto is recognized as the representative organization of Vincentians in the area. It is important to note that its membership is open to all residents of Ontario whether you are Vincentian or not. The Association also recognizes other groups and organizations that are comprised of Vincentians that organize projects and events to strengthen and promote our community here and contribute to the welfare of our homeland.

One's decision to run for office should be to further the aims and objectives of the Association and assist in building our community. (S)He should be prepared to be a team member and not being there to promote him/herself or to stand in the way of those who want to meaningfully contribute. I recommend that should you get elected and during the year you feel that you cannot function along with other elected members and it appears that it is not possible to resolve things that you should step aside rather than hindering.

Listed here is my attempt at the paraphrasing of the descriptions of positions that will be available for election. I feel that some of us are unaware of what we are getting into before the elections and we should acquaint ourselves accordingly.

PRESIDENT - The Chief Executive Officer who as such shall be responsible to the membership for the conduct of all the affairs of the Association. In this capacity, he/she shall be ex-officio a member of all committees and sub-committees. This officer liaises with all committee chairs and all other executive members to ensure that the Association's work is being done. The President should be aware of all correspondence going out from the secretariat and coming to the Association as well as the contents of all information being disseminated to the public.

VICE PRESIDENT - This officer is empowered to act for the President if and when so designated by the President and if for any reason the President is unable to fulfill the duties of the office. As a senior executive member, this officer is close to the President and should be kept abreast with situations that affect the work of the Association.

SECRETARIES - There are two secretaries, a General Secretary and an Executive Secretary. These two officers shall support and compliment each other and deputize for each other in the event of an absence.

GENERAL SECRETARY - This officer is responsible for keeping the minutes of all meetings of the Association.

EXECUTIVE SECRETARY - The Executive Secretary shall with the President, deal with correspondence as directed, should with the President prepare the agenda and convene meetings of the Association by notifying members accordingly.

TREASURER - The Treasurer is the Chief Financial Officer and shall be the chairperson of the Finance Committee. He/she shall with the President sign all the financial documents on behalf of the Association. The Treasurer keeps the membership informed of the financial status of the Association by providing statements at Executive and General Meetings and should inform the Executive Secretary of delinquent members.

ASSISTANT TREASURER - This officer assists the Treasurer in carrying out the duties of the office and will assume the duty of the Treasurer should the Treasurer be incapacitated. He/She shall be a member of the Building Committee, keep an up to date inventory of all assets owned by the Association and shall report on the inventory to the Executive and advise us on any required replacements.

PUBLIC RELATIONS OFFICER - The PRO works closely with all Executive Members and Committee Chairpersons so that he/she can properly publicize the activities and events of the Association. Since our newsletter and the website serve to promote our activities to the general public the PRO is responsible for the accurate dissemination of all information in these areas. The PRO heads the Public Relations Committee.

There are several Standing Committees appointed by the Executive Committee as early as possible after the Annual General Meeting. It is customary that the chairpersons of these committees who are not elected members be appointed as Nominated Members on the Executive.

I trust that this serves to help us as we prepare for the AGM on Sunday, January 30, 2005.

Gideon Exeter

(The above are the views of the writer and not a statement from the Association).

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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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Obituaries

Quite a number of our friends and relatives of our community have passed to the great beyond since our last publication. At the time of going to press, we have been unable to get a complete list and for the fear of unintentionally omitting anyone, we would like to state that the Executive and Members of the Association take this opportunity to express sincere condolences to all who have lost their loved ones.

REACHING OUT

The Executive is looking to reach out to Vincentian groups around the world as we feel that from time to time we may be able to work together on matters of mutual interest and on projects designed to benefit St. Vincent and the Grenadines. If you know of any of these groups in Canada, the United States or elsewhere, kindly ask them to contact us.

HON. GEORGE CHARLES PASSES

One of St. Vincent and the Grenadines' political stalwarts, George Hamilton Charles died recently at the age of 87. Mr. Charles, leader of the Eight Army of Liberation and member of the St. Vincent Workingmen's Association helped to shape the country's political landscape in the 1950s. He struggled for Adult Suffrage with the late "comrade" Ebenezer Theodore Joshua, who later split from Charles' Eight Army to form the People's Political Party.

Charles, described as a charismatic person won the hearts of Vincentians at a time when they were seeking their first opportunity to vote in general elections in their country. Within a few months in 1951 he was able to rally over 8,000 persons into his United Workers Peasants and Rate Payers Union and then organized a march from Arnos Vale to Victoria Park in Kingstown on May Day where he openly threatened to fight constitutionally until all the wrongs for the workers were righted.

His dramatic style captivated the country and The Eight Army of Liberation led by Comrade Charles won a landslide victory capturing all 8 seats. Other members of his team included Julian Baynes, Rudolph Baynes, Ebenezer Joshua, Evans Morgan, Sam Slater, Clive Tannis and Herman Young. Soon after the elections internal problems caused the party to split and E.T. Joshua formed his own party, the People's Political Party. Although Charles contested and won as an Independent Candidate in subsequent elections he never became a dominant force as an elected representative.

Of the original members of Charles' Eight Army of Liberation it is believed that only Mr. Evans Morgan is still alive today, living somewhere in Canada.

Mr. Charles was accorded a State Funeral on December 16 in Kingstown before his remains were taken to the Brighton Cemetery to be laid to final rest.

2005 SVG NEW YEARS HONOUR LIST

Six outstanding community persons have received honors for their contribution to the development of St. Vincent and the Grenadines in the last year.

Deputy Governor General Mrs. Monica Dacon tops the 2005 New Year Honours list. She was awarded the Companion of the Most Excellent Order of St. Michael and St. George, CMG, for her service to teaching and Public Administration.

Entrepreneur Basil Charles received the Officer of the Most Excellent Order of the British Empire, OBE, for his contribution to Business and Community Service.

Contractor Gumeay Gibson also received the honor of OBE for his contribution to business especially in the field of Construction.

Mrs. Laura Anthony-Browne, Member of the Most Excellent order of the British Empire, (MBE), for distinguished contribution to the Public Service and National Planning.

Recognized for an outstanding contribution to Teaching and Education Administration was Principal of the St. Vincent Community College, Marcus Caine. He also received the honour of MBE.

And Ms Eulalie Cozier was the third recipient of the MBE for her contribution to Nursing and Community Service.

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WEST INDIAN NUTRITION

Editorial Comment: *This article came to our attention as we were preparing for the October 2004 issue but due to its length could not be included. It has since been sent by others so we take the opportunity to share with all of our readers.*

In our quest for healthier eating choices, we are encouraged to eat foods with less fat and sodium, more fibre, more complex carbohydrate and lower in calories.

The foods that are most promoted are usually the imported ones since more is known about them than about our local foods. We may therefore seek out whole grain cereals and breads, fruits such as the American apple, plum and grapes and vegetables such as broccoli and cauliflower. How do our local foods compare?

FRUITS

Who has not heard the adage, 'an apple a day keeps the doctor away'? This is probably because the American apple has fibre to facilitate gut health and rid the body of waste. But do you know that one guava fruit has four (4) times the amount of fibre, slightly more potassium and nineteen (19) times the amount of vitamin C as an American apple.

Likewise, it would take fifteen (15) American apples to supply the vitamin C content of only one (1) West Indian cherry. In comparison to a whole bunch of grapes, one (1) guava has twenty five (25) times more vitamin C, four (4) times more fibre and about the same potassium.

Cranberry juice has become very popular because of its benefits to bladder health. But have you thought that similar benefits could be had from coconut water at less than half the calories and with appreciably more potassium? A glass of cranberry juice will provide about 150 - 200 calories while the same glass of coconut water contains only 50 calories while giving 400mg potassium compared to the 60mg for cranberry juice. For those concerned about the sodium content of coconut water, be assured that a single glass will provide only 60 mg sodium compared to the 700 mg in V8 canned vegetable juice. Also, be assured that the coconut water has no fat.

The fat of the coconut resides in the jelly and will thus be found in coconut milk, but there is no cholesterol since the coconut is of plant origin and cholesterol is found, only in foods of animal origin. This means that butter will have cholesterol but coconut milk, like the vegetable margarines is free of cholesterol. Moreover, the traditional way of cooking with coconut milk for flavour is better than using margarine which is often substituted in porridge, rice and peas and soups.

A tablespoon of coconut milk has only 38 calories and 4g fat compared to 111 calories in the same amount of margarine and 11.5g fat. Also, the fat of coconut is healthier for the body than margarine fats. Two other sources of fat that are often mis-labeled are the Jamaican Ackee and the Avocado pear. Neither has any cholesterol and the fat is monounsaturated, the same type of fat that we pay so much for in the olive oil.

VEGETABLES AND PROVISIONS

Admittedly, broccoli, cauliflower and brussels sprouts, like other vegetables will provide vitamin C, minerals, flavonoids and other phytochemicals but they are no match for our local callaloo (amaranth) in terms of calcium, iron or vitamin A. Callaloo has more than four times the calcium, two or more times the iron with more than twice the vitamin A as the American vegetables. The whole grain cereals are indeed a good source of fibre but calorie for calorie our provisions are equally beneficial.

The Irish potato, brown rice and whole kernel corn provide the least fibre per serving. Those of better value are whole wheat bread, green banana and sweet potato providing 1.5g per serving of about 70 calories. Richer still is rolled oats at 1.96g but, topping the list, you guessed it, our local breadfruit at 2.45g for a serving of two (2) slices.

So next time you reach for the foreign goods on the shelf, don't forget our local products are the best.

Patricia Thompson M.Sc.

Reg'd Nutritionist, The Nutrition Centre, Eden Gardens

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VIEWS ON EXPATRIATES

Renrick Rose's article on expatriate Vincentians (Searchlight, November 26, 2004) is a very timely one. Perhaps it is his recognition that St Vincent and the Grenadines, because of its approximate population of 120,000, will never be able to create the economy of scale that will generate the revenue needed to provide its citizens with the conveniences of modern living.

Mr. Rose himself has travelled widely to those areas where Vincentians have settled, and no doubt he has heard their dissatisfaction about how they are perceived. I responded some years ago to Joyce Peters-McKenzie's satirical reflection on visiting expatriates. Indeed Peters-McKenzie focused negatively on the very qualities that Mr. Rose thinks are most valuable in expatriate Vincentians.

From what I can deduce, Vincentians are happy about the barrels and the money orders we send. They are not about the ideas expatriates express about needed societal reforms in SVG. Their maxim might well be "shut your mouth and open your wallets."

I'll mention two examples where the expatriate and home community are at variance. The first is the abolition of corporal punishment. We who live in the so-called Metropolitan countries—although raised in a milieu where corporal punishment has been the norm—have come to see its numerous drawbacks. We know, for example, that it creates passive beings on the one hand: those who look to governments and authority figures to solve their problems and even to feed them; and violent beings on the other hand: those who demand respect or exercise control through violence. We know these things because we witness firsthand the floundering and failure of students (their parents too at other levels) who've emigrated from countries where corporal punishment is an integral part of the societal structure. Corporal punishment coerces and thereby inhibits the development of internal discipline, the sort of discipline that is grounded in personal motivation and moral

rectitude. This type of discipline is weak when students comply merely to avoid physical pain. Moreover, internal discipline is best acquired in an environment where children can negotiate and argue with authority figures and know that they will not be punished for doing so.

Flogging children is brutal (I held this belief even before I left St Vincent some 37 years ago. I did not flog the students I taught at Gomea Methodist School, and they were just as well behaved and studious as those students who were flogged). No one has the right to inflict pain—verbal or physical—on another. Yet Vincentian courts flog juvenile offenders, teachers strap their students, and parents oftentimes beat their children just short of maiming them. I see this each time I visit St Vincent and the Grenadines, and I am glad I no longer live there to see such dehumanizing cruelty enacted daily.

Even if Vincentians at home consider such violence normal, it is nevertheless the brutal heritage of slavery and colonialism. And it is very embarrassing in our modern context, given what we now know about child development. Therefore, we who live abroad want to see children protected by the constitution, and to see laws flow from such protection, laws that would be rigorously implemented even as parents are educated in non-pathological techniques of parenting.

The second example of dissent—one which the St Vincent and Grenadines Association of Montreal raised with one of the roving teams consulting on constitutional reform—is the abolition of legalized discrimination against adult consenting same-sex practitioners. The comments expressed by the church, the judiciary, some parliamentarians and columnists on this and other subjects indicate that Vincentians feel that they possess divine truths denied to others that justify the constitutional denial of such rights.

The name-calling begins when we expatriates suggest change. And it is done with an arrogance that only ignorance can engender. We expatriates are deemed corrupted by values from abroad; many of our accusers are persons who themselves acquired their occupational skills abroad.

If only for strictly pragmatic and economic reasons, St Vincent and the Grenadines must strengthen its links with its expatriate communities. But Vincentians need to examine whether they are well served by their beliefs and practices; and Vincentians might learn to appreciate differences in others, and to resist the urge to be judges of phenomena they fear but are ignorant of. For the moment we expatriates will continue to send barrels, money orders, and computers, etc. for our relatives, especially expatriates like myself who still feel indebted to SVG for the education received at great cost to the state. Few of us, however, will return to offer our skills to a state that is hostile to us and that does not protect its children.

..... by Nigel Thomas

***PLEASE SHARE INSIGHT WITH YOUR FRIENDS
AND RELATIVES.***

WE APPRECIATE YOUR ARTICLES AS WELL.

Tentative Calendar of Events

EVENT	DATE	VENUE
Annual General Meeting	January 30, 2005	Northwood Community Centre
Cricket Team Valentine's Dance	February 12, 2005	C.A.W. Union Hall
Cricket Team's AGM	February 20, 2005	Northwood Community Centre
Monthly General Meeting	February 27, 2005	Northwood Community Centre
Membership Appreciation	TBD	TBD
Monthly General Meeting	March 27, 2005	Northwood Community Centre
Spring Games Evening	April 10, 2005	TBD
Monthly General Meeting	April 24, 2005	Northwood Community Centre
Mothers' Day Dinner	May 8, 2005	Northwood Community Centre
Monthly General Meeting	May 29, 2005	Northwood Community Centre
Cricket Team in Montreal	June 25, 27, 2005	Montreal
Monthly General Meeting	June 26, 2005	Northwood Community Centre
Canada Day Picnic	July 1, 2005	Brampton
Annual Vincy Unity Picnic	July 16, 2005	Brown's Bay Park, 1000 Islands
Monthly General Meeting	July 31, 2005	Northwood Community Centre
Summer Games Evening	August 6, 2005	TBD
Monthly General Meeting	August 28, 2005	Northwood Community Centre
Monthly General Meeting	September 25, 2005	Northwood Community Centre
Independence Church Service	October 23, 2005	TBD
25 th Independence Banquet	October 29, 2005	TBD
Town Hall Discussions	October 30, 2005	TBD
Monthly General Meeting	November 27, 2005	Northwood Community Centre
Winter Games Evening	December 3, 2005	TBD
Children's Christmas Party	December 17, 2005	TBD
Community Sing-a-long	December 18, 2005	TBD
Christmas Hamper Distribution	December 23, 24	



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OUR PREPAREDNESS

Throughout our lifetime we are reminded time and again to adopt the Boys Scouts' motto, "Be Prepared". While most of us preach or speak often about being prepared, we do precious little when it comes to practising what we preach. Recently, in the wake of the South Asian disaster there was alarm expressed about how come in this day and age there were no warning signs in place to alert us of the impending danger ahead. There is a scramble now by governments around the world including our own Caribbean governments to ensure that their Disaster Preparedness Committees are in place.

For those of us who are religious we are often warned by our church to be prepared for the second coming of Christ. While we go about our business of enjoying life most of us either expect someone else to do the preparation for us or we tend to act like nothing will happen suddenly or that we will look after it 'next week'. Procrastination is what it's called.

Since it is inevitable that accident will happen and that we someday will die there are a few precautions we could and are always encouraged to take to help to ease the pains and sufferings. We are consistently being reminded to take out insurance policies on our homes and belongings as well as to have personal insurance in case of an accident, disability or ultimately death. We are further encouraged to make a Will which will serve to ensure that the fruits of our labour (our belongings) are left for our loved ones without hassles and unnecessary expenses.

Within the last couple of years I have been close to or experience where someone suffered an unnecessary high expense due to the lack of insurance. It is also noticeable that friends and relatives around have died and there was no mortgage insurance which meant that the survivors of the deceased had to be burdened with the expense of carrying that mortgage coupled with dealing with the loss of the home's bread winner. Many of us also know of someone who has died leaving no Will in place.

While we can go on and on speaking about being prepared, the advice each of us should pay heed to is to call up our lawyer to help us prepare our Will and our insurance agent and/or financial planner to show us how best we can take care of our possessions.

Please do not make it just your New Year's wish but rather, do them soon.

A Happy New Year to you.

Gideon Exeter

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OUTSTANDING PERSON OF THE YEAR

Contributed by R. Andrew Cummings

Trailblazer Adrian Saunders

Guided only by the light of reason, laying aside personal biases and friendly inclinations, my heart and head have long settled in happy unison over the choice of Adrian Dudley Saunders, Chief Justice (Ag.) of the OECS Supreme Court and recently appointed Judge of the newly created Caribbean Court of Justice, as the outstanding Vincentian personality of the year. The vicarious sense of satisfaction must echo in all our hearts. Coming from the bowels of our soil, he belongs to me and to you.

His Early Years (In Brief) The scion of the well respected Tommy and Theo Saunders, Adrian spent his youth under their watchful and caring eyes. As a Roman Catholic, his religious foundation and training guaranteed a harvest of the fruits of patience, understanding, compassion, honesty and integrity. These virtues stood him in good stead for the years to come. They are not skillfully contrived devices created by technology, neither are they a product of classroom credentials. Indeed, they are deeply rooted in the soul from whence the true measure is shown in the wider classroom of daily action in life.

After attending the Roman Catholic primary school in Kingstown, Adrian entered the Boys Grammar School and there distinguished himself academically while displaying all-round skills. He was the school's popular head boy in his final year. Breezing through university he returned to St. Vincent and joined the private law practice of the robust advocate Bayliss Frederick whose wise practical instruction and advice, during those early years, he still values and cherishes.

The Activist Politician

The social conscience implanted by his parents drove Adrian into the political arena in the mid 1970's. Connecting easily with the young, disadvantaged, and disconnected he embraced people oriented causes, which focused on their social and economic needs. After a while, however, conventional politics, with its sometimes irreverent cut and thrust practices, seemed to have insulted his high sense of morality. He marginalized himself from mainstream politics and devoted his labours essentially to his law practice.

The Practitioner

Nineteen (19) years at the bar were characterized by the rare combination of an alert and able legal mind twinned to integrity beyond reproach. After Bayliss, he moved on to become the originator and soul of the law firm Saunders and Huggins whose reputation and successes soared quickly to high heights.

The Judge

As if awakened to a new life, Adrian upon invitation in 1996 embraced the bench with conviction, keenness and sure-footedness. Deep within it was a challenge he could not resist. As a Judge he could help shape and advance our jurisprudence

while promoting and moulding dignity and respect for his besmirched profession.

Indeed he was sparkingly aware that "grapes will not be gathered of thorns and thistles for justice can only yield her fruit where integrity and decency reign" Also conscious of the philosopher Bacon's admonition to judges "Above all things, integrity is their portion and proper virtue - cursed is he that removeth the landmark". Adrian, like a well tuned cymbal was ready to bestride the hallowed halls of justice as Judge. Though the possibilities existed the meteoric rise was never contemplated. The record over the last eight (8) years tells an impressive story. From High Court Judge to Justice of Appeal to Chief Justice (Ag.) of the OECS Supreme Court to Judge of the soon to be Caribbean Court of Justice (CCJ). No other Vincentian Jurist has reached this bar of accomplishment in his chosen field.

The CCJ

The CCJ challenges us all to a greater awareness of our common heritage; our West Indian nationhood and identity. We can now hold forth with an authentic legal voice for our people rather with than a weak echo.

The Future

Although Adrian would have been happy if his achievements were not highlighted, we are compelled to applaud this outstanding son of the soil. "The trailblazer" is only fifty years with retirement decades away. The jewel of his career still beckons.

When the bestowal of the laurel of Chief Justice of the CCJ comes, as it must, our sense of pride and accomplishment will be a true reflection of a man whose sharp perception, startling insight, practical sagacity and unquestionable integrity would have earned him his just deserts.

Adrian Dudley Saunders is an unstoppable force working for the good of West Indian jurisprudence, the profession of law and the peoples of the Caribbean region at home and beyond. We salute a genuine hero!



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FORMER ASSOCIATION PRESIDENT PASSES ON

A former president of the Association, Mr. Oswald K. George, died on January 6 in St. Vincent. Ossie, as he was affectionately called, served as president in 1984 but left midway during his term to pursue other interests in his native land. Since then he served his country in various disciplines but had recently retired.

The funeral is scheduled to be held on January 15 as numerous siblings and relatives living abroad were planning to journey to St. Vincent for the burial.

Mr. George is survived by his wife, Sylvia; three children; brothers – Michael, Elwin and Sonny; sisters Brenda, Gloria, Grace, Sonia and Yvette as well as numerous other relatives and friends.

The Executive on behalf of the general membership of the Association takes this opportunity to convey condolences to the George family.

The relatives of the late Mr. George will make arrangements for a Memorial Service in his honour upon their return from St. Vincent and the Grenadines.

GENUINE

You are one of a kind, you are truly Genuine
You are one of a kind...

Selfless, never selfish
You had a clear vision of the man that you would become
A mixture of ancestry that is African and Indian
Vincentian-Canadian...

Brilliant, innovative, creative
Mathematics and French major
Comic, educator...true friend
Your 26 short years were a true blessing...

You were a role model, a poet
For your friends and your elders you had much respect
You always told jokes,
But, you had your moments when you could be serious.

You had many dreams and aspirations.
You had various enterprises, your own tutoring business,
You were making plans to apply to teacher's college.

You had a love for Reggae music
You always were ready to show off the latest dance.

You had your own style...
You could easily make anyone laugh or smile,
You had your own version of Anancy stories that often
seemed outrageous or wild!

There are so many lives that you touched,
There are many who mourn your passing because they care for
you so much
This is a loss felt not just by friends and family,
But to the whole Vincentian-Canadian community.

I know that there will never, ever be another Trevor
Someone who is so kind, giving, honest and compassionate.
You have showed many people the true meaning of love...
You wanted those dear to you to be happy and to achieve to
their highest potential.

Those who knew you are grateful for the life lessons that you
have taught them...
The qualities that you possessed are sometimes hard to find,
For this reason, your friends gave you a special name,
They called you Genuine.

Contributed by Kathleen James



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OUR FOOD IN PLASTIC CONTAINERS

Carcinogens cause cancer, especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic.

Dr. Edward Fujimoto from Castle Hospital was on a TV program (Dr. Phil), explaining this health hazard. He is the manager of the Wellness Program at the hospital. He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers.

This applies to foods that contain fat. He said that the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins. So such things as TV dinners, instant ramen/noodles and soups, etc., should be removed from the container and heated in something else.

Paper isn't bad but you don't know what is in the paper. It's just safer to use tempered glass, Corning Ware, etc. He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food; use paper towels.

Be a friend and share this with others.

ANNUAL GENERAL MEETING of St. Vincent and the Grenadines Association Cricket Team, Sunday, 20 February @ 4:00 p.m. Northwood Community Centre.

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: _____

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FAMILY MEMBERS: _____

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