



OCTOBER – DECEMBER 2022 * VOLUME 26

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Website:

<https://jam-montreal.com>

MEMBERSHIP

- 1 **Privileges**
 - a. Preferred pricing on certain events
 - b. Membership card
 - c. Voting rights at the AGM
 - d. Contributing to the growth of the Association
- 2 **Responsibilities**
 - a. Sign the registry at all member's meetings
 - b. Update your contact information
 - c. pay your dues for the 2022 year (Oct. 1, 2021 – September 2022)
 - d. Respect the rules of membership
- 3 **Dues & payment schedule**
 - a. Family (2 adults & 2 children below 17 years) \$50
 - b. Adult (18 – 59 years) \$30
 - c. Students (12 – 17 years) \$10
 - d. Older Adults (60+ yrs) \$10
- 4 **Benefits (show your card)**
 - a. ½ hour free consult with a designated notary
 - b. 15% discount on flowers
 - c. Discount on funeral costs at Kane & Fetterly. Ensure to inform the staff at Kane & Fetterly of your membership to the Association and show your membership card

Thank you to the management at Kane & Fetterly for your continued support

ABOUT US

The Jamaica Association of Montreal was founded in **November 1962**, shortly after Jamaica's Independence in **August 1962**. Our seal of Incorporation was granted in 1970. Since its inception, the Association has grown strong in attracting members.

It is recognized as the official organization representing Jamaicans in Montreal at Federal, Provincial and Municipal levels. Representatives have accompanied delegations and presented briefs to all levels of government. Given our commitment to community development, our Mission Statement is as follows:

“To assist in improving and enhancing the quality of life for the Jamaican Community”

In fulfilling this Mission, the Association manages its operations to ensure the development of the community through economic, educational, cultural and social activities.

PRESIDENT'S MESSAGE



Mark Henry, President
 Jamaica Association of Montreal

Members and Friends of the Jamaica Association,

This past summer was incredible as it was filled with exciting and successful events, such as Games Nights, Emancipation (done in collaboration with the Caribbean Coalition Network of Montreal), Independence Day and Jamaica Day, all in August 2022. These festive events were meant to uplift and unite our community through culture, food, music, good times with friends and celebrations as well as to speak on our history and legacy as a Nation. On August 6, 2022, Jamaica celebrated 60 years of Independence, its Diamond Jubilee, from British colonial rule.

On October 1, 2022, we were pleased to play an integral role in assisting delegates from Jamaica's Civil Aviation Authority while in Montreal for their bid to have a seat on the International Civil Aviation Authority Council (ICAO).

In this same month, we were equally pleased to host our Heroes and Heroine Banquet and to have as our guest speaker Mr. Vassell George O'Gilvie and his delegation. In November, the Jamaica Association celebrates 60 years of existence in Montreal. These milestones are to be highlighted and continually celebrated in every occasion possible to remind us of our accomplishments, and where we want to be as an organization

We are now focused on getting through the final weeks of the last quarter of our fiscal year and look forward to a well-deserved break with the Christmas holidays fast approaching. We are also looking forward to our Annual General Meeting (AGM) and elections for the office of 1st Vice President, Treasurer, Secretary and Directors.

I would like to thank you all very much for your unwavering support of our organization and look forward to your continued partnership as we continue to build a strong, and vibrant organization. On behalf our board of Directors, I wish you and your family the very best of the holidays and a happy Christmas to those who celebrate it.

God bless.

Mark Henry, President

“It's easier to take than to give. It's nobler to give than to take. The thrill of taking lasts a day. The thrill of giving lasts a lifetime.” — Joan Marques

CONTACT INFORMATION

Address: 4065 Jean Talon W., Montreal, Quebec, H4P 1W6 * **Phone:** (514) 737-8229

Email: info@jam-montreal.com * **Website:** <http://jam-montreal.com> * **Facebook:** <http://facebook.com/jamaicaassociationmontreal>

Instagram: @jamaicaassociationmontreal * **Youtube:** Jamaica Association of Montreal

FEATURE: ANNUAL GENERAL MEETING – DECEMBER 10, 2022

The 2022 Annual General Meeting (AGM) will be held in a hybrid format on Saturday December, 10th, 2022 starting at 7 pm. This will be an opportunity to share the outcomes of the year as well as the audited financial report that have been prepared by our Auditor, George Lawand, as approved by our Membership at the AGM in December 2021.

The AGM is a time to give an overview of the year and our performance. It is also a time when certain matters will be decided by the membership for our bylaws. Moving forward we will be hosting the AGM in a hybrid format so that a greater portion of our membership can attend. Thus, we will be in person at the Association and online on our regular meeting code.

Elections for new board positions will also be held. This year, the Chair for the Election committee has been appointed by the President. **Molly Young, Chair**, Elections and Nomination Committee, will be responsible for all aspects of the nomination of candidates and for the elections. As with our AGM, the elections will be held in a hybrid format. A notice of elections, the process and the roles being voted on will be sent shortly.



2022 ELECTIONS PROCESS

During the pandemic we adapted **Election Buddy** to conduct our elections of officers, while still using **paper ballots**. We have elected to continue to use this hybrid voting system moving forward in future elections. Election Buddy has proven to be a qualified system for our elections for it is quick, reliable, and easy to use. Some say, " It provides the most secure, effective and flexible way for organizations to virtually conduct votes and elections with complete confidence and transparency."

All **Active & Life Members** will receive a letter or email with their unique access. More information to follow from **Molly Young**, Chair of the Elections and Nominations Committee.

In this year, the Chair of the Elections and Nomination Committee has added three events to the elections:

1 – early voting;

2 – meet the candidates and a training on Election Buddy for all eligible participants; (date: TBA)

and

3 – delivery and pick up of ballots for those in need of this service.

We have seen that mail service can be slow and not reliable.

BUILDING FUND

<https://jam-montreal.com/building-fund>



THE BUILDING FUND

We are building for the present & the future



Etransfer to: jammontrealbuildingfund@gmail.com

Other means (**cheque** made to Jamaica Association, **online** donation on Zeffy or **cash**)

CONTACT US

A) Board of Directors

1. **Mark Henry**, President, mhenry@jam-montreal.com, 514-238-2659
2. **Sharon Nelson**, 1st Vice President, sharon.nelson@jam-montreal.com, 438-507-9258
3. **Alexander Townsend**, 2nd Vice President, 514-737-8229
4. **Melrose Christopher**, Treasurer, jamtreasurer@outlook.com, 514-737-8229
5. **Ingrid Barrett**, Secretary, secretary@jam-montreal.com, 514-737-8229
6. **Ufon Lynch**, Director, 514-737-8229
7. **Clyde Williams**, Director, IT, 514-737-8229
8. **Roger Hylton**, Director, Security & Entertainment, 514-737-8229
9. **Conroy Barnes**, Director, Games, Sports & Recreation, 514-737-8229

B) Committees & Chairs

1. **Jamaica Association Business Owners & Professionals (JABOP)**, Molly Young
2. **Membership Committee**, Sharon Nelson
3. **Social Committee**, Alexander Townsend
4. **Women's Auxiliary (WA)**, Sharon Nelson
5. **Building Committee**, Mark Henry
6. **Youth Committee**, Jade Parkinson-Gayle, jamyouthrep@gmail.com
7. **Senior Committee**, Shelley Morgan, jamsenior1962@gmail.com
8. **Human Resources**, Omar Ramus, jamhumanresources1962@gmail.com

C) Staff Contacts

1. **Diane Boyd**, Managing Director, jammanagingdirector@gmail.com, Banquet Manager, jambarbanquet@gmail.com, 438-390-7763
2. **Kim Payton**, Coordinator, Programs & Services, jamprogramservices@jam-montreal.com, 514-737-8229
3. **Keisha Wilson**, Bar Manager, jambarservices@gmail.com, 514-737-8229
4. **Winston Richards**, Chef, Cool Runnings Restaurant, 514-737-8229
5. **Donna-Angella Stewart**, Coordinator, Au Futur & Footsteps Programs, aufuturprogram@gmail.com, 438-499-8229

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FEATURE: JABOP MERCHANTS & CHRISTMAS TIME !



CATERING SERVICES / BAKED GOODS

- Bigga Taste**
(Andrea Gordon, 514-690-8334)
- MTL Bagel**
(Glen Spence, 514-903-2525)
- Black Butterfly Cake Design**
(Diane, 514-515-0273)
- Brossard Bagel**
(George Grant, 450-465-7778)
- Cool Runnings Restaurant**
(Jamaica Association, 514-737-8229)

BULK ORDERS

- Les Entreprises A.L. McDonald**
(Anthony McDonald, 514-773-0718)
- DameSara**
(Isaac Bosquet, 438-878-9802)



Black Cake through Bigga Taste & Black Butterfly Cake Design



Caribbean Veggies at AL McDonald

GIFTS AND TREATS

- Krazy Kuts**
(Jan Daley, 514-342-5841)
- Épices et Tout**
(Marlene Shoucair, 450-332-5008)



Gift baskets available at Épices et Tout

View more merchants: jam-montreal.com

HEROES & HEROINE BANQUET – OCT. 15, 2022

A **Big Thank You** to our invited guest, Mr. George Vassel O'Gilvie, attendees, volunteers, supporters, and the Team for making this event a reality.



Vassel George O'Gilvie & guests



Members of the Board 2020-2022 (l-r), A. Townsend, C. Barnes, M. Christopher, C. Williams, I. Barrett, S. Nelson & M. Henry. Also pictured here are E. Newton and H. Johnson



Karl Wilson, President Cornucopia Association of Canada



Christopher Thompson & guests



Errol Johnson, City Councillor (DDO), Veronica Johnson, Borough Mayor Gracia Kasoki-Katahwa Mr. Katahwa



Mark Henry, President & Molly Young, Member

Photo credits: Brian Kotler

HEALTH & WELLNESS OVER THE HOLIDAYS

We are committed to the health and wellness and have partnered with several organizations to help us speak and act on these important matters. In this issue we are focusing on **MENTAL HEALTH**.

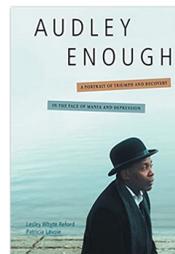
Tips to prevent holiday stress and depression

- Acknowledge your feelings;**
- Reach out;**
- Be realistic;**
- Set aside differences;**
- Stick to a budget;**
- Plan ahead;**
- Learn to say no;**
- Don't abandon healthy habits;**
- Take a breather;**
- Seek professional help if you need it.**



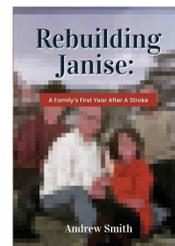
Read more of the article from the **Mayo Clinic**:
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

BOOKS ON MENTAL HEALTH & HEALTH



Audley Enough by Leslie Whyte Reford & Patricia Lavoie

Audley Enough is more than the memoir of a man with mental illness, it is an inspiring expose of the realities that encompass mental illness from the lens of a Black man of Caribbean descent living in North America.
Buy here: <https://www.amazon.ca/Audley-Enough-Portrait-Recovery-Depression/dp/022887128X>



Rebuilding Janise by Andrew Smith

Black Adults are 50 percent more likely to have a stroke (cerebrovascular disease), as compared to their white adult counterparts. Rebuilding Janise is a culturally relevant, humorous medical memoir that speaks about experiencing a catastrophic medical event from this demographic, and what happens next.
Rebuilding Janise is available here: <https://bit.ly/rebuildingjaniseamazon> and at all major online retailers.

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OUR 6 PROGRAMS

- Au Futur Program (Young Mothers) – In collaboration with Maison D’Haïti since 1993 and Federally Funded by Health Canada.** For single Black women between the ages of **15 to 25 years old**. We also focus on helping young Black women up to the age of 35 years old with one or more children. Click [here](#) for more information on this confidential service. Services also offered online due to COVID-19 pandemic and gradually in person. *Cost: **FREE**. Contact: **Donna Angella Stewart**, Coordinator. Contact (Cell) **438-499-8229**, aufuturprogram@gmail.com



- Footsteps Program**
A [program](#) run on Saturdays, in collaboration with the **Joujoutheque: L’Association des Parents de CDN**, from 1 pm to 3 pm for toddlers and children aged 0 to 12 yrs old. The program is **online** and includes reading activities, arts and crafts. Qualified educators deliver this program and have a wonderful time with the children. We have added outings to during the year. **For the new Year**, we are expanding the hours and returning to in person activities with the **Collective Kitchen** every 2nd Monday. Contact **Donna-Angella Stewart**

- Adult Basic Education (ABE) Programs**
We offer individual, as well as small classes with qualified & experienced teachers in a variety of subjects. Classes take place in the evenings with one-to-one tutoring also available. Per term registration fee gives for each course has been increased to: **\$15.00**. Go online to view course descriptions and schedule. **All ABE courses are offered online**. Contact **Kim Payton**, Coordinator of Programs and Services during office hours at jamprogramservices@jam-montreal.com or by phone at **514-737-8229** to register for classes.

- Brilliant Minds Tutoring & Vocational Training.** In collaboration with Frontier College (newly renamed: **United for Literacy**), we offer tutoring for elementary, high school and adult learners. This service provides help with schoolwork and career planning. Online sessions and some in person. **NEW !! 1) Vocational Training partnership with PACC in Lasalle and 2) ERS in Town of Mont Royal (info session – Nov. 23, 2022 at 7 pm at the Association).** Contact **Kim Payton**

- Food Bank** in collaboration with Moisson Montréal. The Food Bank is open **Thurs.(10 am to 5 pm) & Fri. (2 pm to 5 pm). January to December**, holiday notices posted as necessary. Registration: Mandatory. Standard fee: **\$5 per family**. Call or email the Association for more information Registration and collection at the Association. **Note: New arrivals to Canada and new clients are asked to call one day in advance. 514-737-8229**

- Tax Preparation Clinic**
The Tax Clinic is held in collaboration with Canada Revenue Agency and Revenu Québec with qualified tax preparers. **Open in Winter & Spring 2023**. More information to follow. Contact: jamgovernmentservices@gmail.com

EVENTS

- Heroes & Heroine Banquet** Sat., Oct. 15, 6 pm
Ruby Foos Hotel, \$120 for members & \$140 for non-Members
Guest of Honour: George Vassell Ogilvie, Licensed Clinical Social Worker
- Games Night** Fri., Oct. 21, Nov. 18, Dec. 23, 8 pm
- Member’s Meeting** Sat., Oct. 22 & Nov. 12, 7 pm
In person at the Association and online
- Dutch Pot Brunch.** Sun., Nov. 20, 11 am – 3 pm
- Special OverProof Friday** Fri. Dec. 9, 9 pm (\$5)
- AGM & Elections** Sat., Dec.10, 7 pm
More information to follow
- Official Visit** Mon., Dec.12, Time: TBA
Honourable Minister Leslie Campbell.
More information to follow soon
- Christmas Closing Dates (Administrative Office):**
December 22 to January 2, 2023
- Last day of Food Bank for 2022:** Dec. 22,
10 am – 5 pm. Reopens Thursday, January 12, 2023
- Cool Runnings Restaurant Close Dates:** Dec. 22 – Dec. 27, 2022,
Open Dec. 28 – Dec. 31, 2022, for restaurant & catering.
Reopens **Thursday, January 5, 2023**
- See our website for more events**

OUR 6 SERVICES

Office Hours: Mon – Fri.: 10 am to 6 pm * (514) 737-8229
VISIT OUR WEBSITE & SOCIAL MEDIA SITES FOR UPDATES.

- Documents** – Passports, Permanent Resident Card, Commissioner of Oaths (forms can be mailed to you)
- Space rental** for your small gatherings. Special events (birthdays, private parties, baby showers, shows, etc... - includes tables & chairs (table & chair coverings extra)).
- Community Service Program** – for adults and youths needing to complete mandated community hours.
- Licensed Restaurant – Cool Runnings Restaurant**
Hours: *Chef Winston Richards (Pick):*
Tues. - Thurs. 12 pm – 7 pm,
Fri. – Sat. 12 pm – 9 pm,
Order on **Doordash** and / or on **UberEats !**



Chef Ian Nelson (Warrior):

Friday night 10 pm – 3 am,

Saturday night 10 pm – 3 am,

(Time can potentially change on Saturdays due to special events),

- Fully Licensed Bar - Negril Bar** – Open Fridays and Saturdays as of 8 pm.

OVERPROOF FRIDAYS AND VERSATILE SATURDAYS	
Fridays	9 pm to 3 am: Last call 2:30am, Bar closes at 2:50 am
Saturdays	9 pm to 3 am: Last call 2:30 am, Bar closes at 2:50 am

- A fun & secure place to come together** to enjoy each other's company and friendships.

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