

Message from our President

Inside This COVID-19 Issue



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About Us

The Association 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. We are a member of the United Council for Human Rights, and have accompanied delegations and presented briefs to all levels of government. Given our commitment to community development, the Jamaica Association developed our Mission Statement 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 economical, educational, cultural and social activities.

NEW! In 2019, the Association has become an active participant on the [Global Jamaica Diaspora Council](#) led by [The Honourable Minister Kamina Johnson Smith](#), Minister of Foreign Affairs and Foreign Trade. This global initiative aims to rally Jamaicans with the purpose of building our island country through creativity, experience, and support.



Mark Henry, President
Jamaica Association of Montreal

Dear Members and Friends,

Indeed, we are living in very challenging and uncertain times with the current Coronavirus pandemic (COVID-19). As such, we have to continue to come together as a family, a community and a country to ensure that we are healthy and safe, during and after, these times have passed. Your Executive and Board of Directors are committed to continue serving you.

Let us all continue to follow the directions and advice of our elected Government officials. This includes continuously washing our hands, avoid touching our faces, self-isolating if you are experiencing symptoms, coughing and sneezing in your elbow, social distancing and leaving home only if it is absolutely necessary.

I would like to urge the seniors of our Association to remain indoors, as much as possible and as mandated by our federal, provincial and municipal government officials.

Contact us if you require assistance, and we will reach out to assist you to the best of our capabilities.

Our Food Bank remains open to all who require its service. The Food Bank is open **Thursdays: 10 am - 6 pm** and **Fridays: 10 am - 5 pm**. We have implemented measures to ensure social distancing and proper hygiene in handling food products among other measures. Additionally, we have a new system in place which allows you to choose the food items that best suit your dietary needs. We are working diligently to acquire additional governmental support for our Food Bank. All are welcome. Please share this information with your friends and families as we intend to help as many people in need as our resource will permit us. As our appointed health professionals have stressed, these are unprecedented times and we cannot allow our pride to get in the way of ensuring that we are healthy and triumphant when all this is behind us.

Let us all continue to pray and give our God thanks for His guidance and protection during these trying times. The Executive and Board of Directors are here to answer any questions you may have. I encourage our members and friends of the Jamaica Association to remember each other and reach out to someone to find out their status and situation. A simple phone call can go a long way to helping someone cope during the mandated time of isolation, in some instances.

Contact us and we will respond to your messages promptly (see list below).
Thank you

Contact Information * Board of Directors

Name (Position)	Email / Phone
1. Mark Henry (President)	Email: mhenry@jam-montreal.com Phone: (514) 238-2659
2. Sharon Nelson (1 st Vice President)	Email: sharon.nelson@jam-montreal.com Phone: (514) 737-8229
3. Alexander Townsend (2 nd Vice President)	Email: zantowns@gmail.com
4. Aston Mendez (Treasurer)	Phone: (514) 576-5311
5. Shelley Morgan (Secretary & Director Senior Relations)	Email: shelley.morgan@jam-montreal.com
6. Carlene Clarke (Director, Government relations & Service Improvements)	Email: jamgovernmentervices@gmail.com
7. Brian Kotler (Director, Events & Performances)	Email: jamspecialereventsdirector@gmail.com
8. Ufon Lynch (Director, Maintenance & Upkeep)	Email: jamupkeepdirector@gmail.com
9. Keisha Wilson (Director, Health Awareness)	Email: jamhealthdirector@gmail.com
10. Omar Ramus (Youth Representative)	Email: jamyouthrep@gmail.com
11. Audley Coley (Senior Representative)	Email: jamsenior62@gmail.com

JAMAICA ASSOCIATION BASEBALL CAPS ON SALE!

Proceeds from the sale of the hats will fund the installations of floating floors for our Main Office (aka Kingston) when we are able to reopen.
Info: call Mark Henry
Cost: **\$ 25**



FEATURE: JAMAICA ASSOCIATION FOOD BANK

HISTORY & RECENT UPDATES

The Jamaica Association Food Bank has been in operation for the past 20 years. We are proud to state that it has been a resource for food security in the Côte des Neiges area, and in many other boroughs in this City. Providing quality food items to our clients, that range from persons who are employed to those on a pension, is very important to us.

Reviewing the number of applications since 2016, there are close to 90 clients. From the records and discussions, there was typically between 8 to 15 families coming to the food bank on a weekly basis. However, during the COVID-19 pandemic, the Board decided to keep this essential service open. As such, we have seen a marked increase in the usage to well over 50% to between 25 to 39 clients on Thursdays and Fridays combined. Additionally, as other food banks have closed, for various reasons, community groups are referring persons our food bank. We now welcome at least one new registrant on a daily basis. These new clients are telling their friends who also want to make use of this service.

In this new paradigm, there have been a number of upgrades to improve the service and to accommodate increased use. Listed below are some of the updates:

- 1) a third fridge;
- 2) more fruits and vegetables in the weekly offerings;
- 3) more food options in general;
- 4) less sugary products;
- 5) more hygiene & household products;
- 6) a variety baby food and diapers,
- 7) a comprehensive list of offerings along with photos (the list and offerings are posted on the Jamaica Association Facebook page ([facebook.com/jammontreal](https://www.facebook.com/jammontreal)))
- 8) expanded hours of operation: Thurs. (10 am - 6 pm) & Fri. (10 am - 5 pm);
- 9) the ability for clients to select foods they would like;
- 10) one donation amount of \$3 for all items chosen;
- 11) a redesign of the food bank space which includes an island in the middle of the room for more shelf space and better access to items;
- 12) a more organized and cleaner space;
- 13) additional staff and volunteer on hand;
- 14) delivery of food to the homes of senior members of the Association;

We are proud to say that our food bank is open to and welcomes everyone. Caribbean, East Asian, Latin American, African, European are an example of the varied groups of people that use our service.

WHAT IS THE PROCESS AT THE FOOD BANK DURING COVID-19?

We have had to change our operating procedures to fit the mandated measures for social distancing and hygiene. This is how we operate now: (1) disinfection of the handrails and handles; (2) removal of the carpets, sweeping and moping stairs; (3) clients wait at least two meters apart behind the locked glass entrance door and on the stairs; (4) food bank staff use personal protective gear, and gloves; (5) clients select their food choices from the provided list; (6) food items are collected; (7) items are placed on a disinfected cart and wheeled out to the entrance; (8) the glass door is unlocked; (9) clients place their food items in their own bags on the landing; (10) the donation of \$3 is placed in one clear plastic bag; (11) the cart is disinfected and the next client is served.

\$11,000 IN FUNDING FROM PROVINCIAL AND MUNICIPAL GOVERNMENTS

Some people have lost their jobs and have limited financial resources. Across Canada, there has been a general increase in the amount of food bank usage. In early April, we received a donation of \$2,000 to augment food security. In the same time, the Cotes des Neiges/Notre Dame de Grace (CDN/NDG) City Council announced \$200K in funding for community organizations regarding food security. The Jamaica Association Board submitted a proposal to the borough for food security. We are pleased to announce that our proposal was accepted and the Association was granted \$9,000.

While Moisson Montreal has also augmented the amount of food obtained weekly, the offerings differ from week to week. The \$11,000 in additional funds will allow for staple food items, special dietary foods, household cleaning products, personal hygiene products among other items. During the pandemic, the members of the Board made the firm decision to deliver food bank items strictly to seniors who are mandated by law to stay indoors and who fit the following profile: 1) members of the Association, 2) those who reach out to us for the use of this service. We need to support our seniors in this time of uncertainty and isolation. We are proud to state that we have made close to 15 deliveries to date.

We take this opportunity to thank the Honourable Minister David Birnbaum, MNA, and City Councillor for Snowdon, Marvin Rotrand for their continued support of the Association. We also thank Sonny Moroz, Constituency Coordinator and Outreach, in the Honourable Minister Anthony Housefather's office for his assistance and support as well.

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/jammontreal>



NEW STAFF, VOLUNTEERS AND SUPPORTERS!

We are very excited that **Kenneth Warren** has returned to assist us in the food bank. During the pandemic, we took the initiative to temporarily replace him because of the age risk factor.

We are pleased to welcome **Dave Gordon** who is extremely reliable and professional in his roles. He has joined us to assist with getting the food at Moisson Montréal with JAM's van and bringing it into the sorting area. These roles may sound benign but they are massively engaging.

We thank our member **Christopher Thompson** for volunteering his time and energy in assisting with bringing in the food from the van into the sorting area. He is also engaged in delivering food items to seniors who are confined at home due to COVID.


Thank you to all those who have reached out to offer to help and have contributed financially to this essential resource. We truly appreciate your support and contributions. We will reach also out when we can have more people in the space to assist us.



Dave Gordon
Dave's Moving Service
514-562-4862



Membership has its Privileges & Responsibilities

PRIVILEGES	RESPONSIBILITIES
<ol style="list-style-type: none"> 1. Preferred pricing on certain events 2. An updated membership card* 3. Voting rights at the Annual General meetings 4. Contributing to the growth of our Association <p><i>*see below for more information</i></p>	<ol style="list-style-type: none"> 1. Sign the registry at all member's meetings 2. Update your contact information 3. Pay your membership dues for the 2020 year (Oct. 1 – Sept. 30) 4. Respect the rules of membership
<p align="center">DUES & PAYMENT SCHEDULE</p> <p>Dues: Family \$40 (2 children (under 17 yrs old) & 2 adults), Adult \$25 (18 - 59 yrs) Students \$10 (12 -17 yrs) & Seniors \$10 (60+ yrs)</p> <p><i>At our November 2017 member's meeting, the Board passed a resolution extending the membership year to match our fiscal year. Therefore, membership dues are to be paid between Oct. 1 to Sept. 30 of the year in question to benefit from the stated privileges.</i></p> <p>There are a number of benefits of getting your card. Contact us today to find out more. Thanks to the management at Kane and Fetterly for your support !</p>	
	

Audley Coley, Senior Representative

Audley Coley is the best evidence that an affliction need not be an impediment. His story is both motivational and inspirational as he continues to reclaim his life after many debilitating bouts with bipolar disease. He continues to recover from his mental illness through determination, discipline, physical fitness and the power of positivity. He is a passionate advocate and believer in the healing power of physical fitness and a positive attitude to help others who are facing struggles similar to his own.



He has built a career as a successful dance and fitness trainer and devotes much of his time to spreading the word that you can soar above mental illness like he has. Since 2000, he has been a trainer and aerobics instructor at Montreal's Atwater Club and has an extremely loyal following who have been with him since his very first class.

He continues to be very engaged in his community and we are very pleased to have him as the Senior Representative on the Jamaica Association Board. **WELCOME!**

Get Involved Easy As A-B-C !

- A) Our Committees**
- 1 – Jamaica Association Business Owners & Professionals (JABOP)**
Mark Henry, Chair
 - 2 – Membership Committee**
Mark Henry, Chair
 - 3 – Social Committee**
Alexander Townsend, Chair
 - 4 – Women's Auxiliary**
Sharon Nelson, Chair
 - 5 – Youth Committee**
Omar Ramus, Chair
 - 6 – Senior Committee**
Shelley Morgan, Chair
- B) Share your ideas for programs, events or improvements**
- C) Volunteer for an event**

JABOP - Supporting our community businesses. The contact list is on our FB page & gives details of Jamaican & Black owned businesses:
facebook.com/jamontreal

RECOGNITION

The President, Board of Directors and members **salute and thank all** health care workers, researchers, emergency responders, funeral homes and front-line professionals in Québec, across Canada and globally in the fight to help contain and treat this virus.

Coronavirus (aka COVID-19) Facts, Challenges & Silver Linings

Facts & Myths

Facts

COVID-19 is an illness caused by a coronavirus. Human coronaviruses are common and are typically associated with mild illnesses, similar to the common cold. Symptoms of human coronaviruses may be very mild or more serious, such as: **Fever, cough & difficulty breathing among other symptoms.**

Read more here: <https://bit.ly/2WmmJt9>

Myths

Black people can't get the coronavirus.

Read more here from the World Health Organization (WHO): <https://bit.ly/2Wibv9f>

Challenges

1. Social distancing;
2. Isolation from loved ones;
3. Waiting lines, new store processes;
4. Seniors drastically impacted;
5. Children and teens not in school;
6. Daycares closed;
7. Job losses;
8. Negative economic impacts;
9. Fear of the unknown;
10. Uncertainty;
11. Cancellation of events;
12. Confinement & working at home;
13. Constant hand washing;
14. Home schooling;
15. Too much Netflix;
16. Eating a lot more;
17. Limited ability to exercise;
18. Increased vulnerability for people already in vulnerable situations;
19. Increase spread & deaths;
20. Concern for health care & front-line professionals and their families;
21. No end date in sight.

Silver Linings

1. Cleaner air around the world;
 2. Less traffic & less noise;
 3. Less extraction industries in forested & other areas;
 4. Animals are less stressed.
- Not only is it a time for migration but also for breeding and birthing. This is when adults and newborns are at the most vulnerable. With less stress both birds and animals are able to adapt to their environment in the city and in more rural areas.;
5. More time to reflect & rest;
 6. An opportunity to re-arrange how you spend your time;
 7. Ability to reserve time for nothingness;
 8. An opportunity to reconnect with family, friends, as well as strangers;
 9. An opportunity to be our brother's keeper and be kinder;
 10. A time to create positive paradigm shifts;
 11. A chance to rethink ways of being;
 12. More baking and cooking at home;
 13. A time to de-clutter;
 14. Supporting the local economy by buying local products;
 15. Seniors becoming more tech savvy.

Feedback / Suggestions? We want to hear from you. Contact us should you have questions or comments.

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Our 7 Programs

Due to the pandemic, the Association is closed; however, the Au Futur and the ABE Programs are now online. The Food Bank is the only service where clients can come to the Association to collect food items under mandated measures.

1. Au Futur Program (Young Mothers)

For women between **15 and 35** years old with one or more children. Click [here](#) for more information on this confidential service. *Cost: **FREE. (Federally Funded by Health Canada)**
Contact: **Sue Hamilton**, Program Coordinator
Cell: **438-499-8229**. **Aspects have been moved online using zoom (<http://www.zoom.us>)**

2. Footsteps Program

A [program](#) run on Saturdays from 1 pm to 5 pm for toddlers and children aged 0 to 9 yrs old. Includes reading activities, arts and crafts. Healthy snacks are provided, and there are qualified volunteer educators on site to assist. Contact **Sue Hamilton**. **CANCELLED UNTIL FURTHER NOTICE.**

3. 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. Due to the COVID-19 pandemic, we are offering the French Beginner, French Intermediate and English as a Second Language online using Zoom from April 27 to June 18 inclusively. Course will also be offered in summer 2020 for **French Beginner & French Advanced**. Only registered students will receive the meeting ID code. The courses are free of charge.

Since early April, tutors through Frontier College have been providing one-to-one tutoring sessions for adults using Zoom.

Contact: Sharon Nelson for information & updates

4. Brilliant Minds Tutoring

for high school students – for [help with schoolwork](#) & career planning. Sessions will be **held online using Zoom** in May. Elementary students are welcome too. Contact: Sharon Nelson

5. Food Bank

in collaboration with Moisson Montréal. The [Food Bank](#) is open every **Thursday (10 am - 6 pm) & Friday (10 am - 5 pm)**. *January to December* (holiday notices posted as necessary)
Registration: Mandatory. Cost: \$3.00 per person.
Registration & collection at the Association. **Note: New arrivals to Canada and new users of the food bank are asked to call one day in advance.** We are very proud to announce that the [Otis Grant & Friends Foundation](#) will be donating fresh produce to the Food Bank – *thank you for your generosity, your commitment to community & to food security.*
Contact Sharon Nelson.

6. Tax Preparation

We offer free tax preparation services for participants registered in the Young Mothers and Footsteps programs. Please call **514-737-8229** for more information. **CANCELLED UNTIL FURTHER NOTICE.**

7. Steel Pan Classes

Fatima Wilson of Salah Steel Pan will be offering courses on Sundays for kids and adults. **Contact number: 514-655-6239.**
CANCELLED UNTIL FURTHER NOTICE.

Upcoming Events & Programs and Services Offerings

- Overproof Fridays** Every Friday night
Check out our FB page for Watch Parties with our Overproof DJs FireT, King Farre, DJ Tony...
- Food Bank** Every Thursday & Friday
- ABE Program Spring Session** Online classes
A milestone to celebrate!
- Mother's Day MadHatter's Tea Party** (Online ☺) Sunday, May 10, 2 pm
Zoom meeting ID 455-575-8958
All are welcome!
- Online Member's Meeting** Saturday, May 16, 7 pm
Zoom meeting ID 455-575-8958

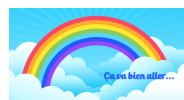
INFORMATION ON OTHER EVENTS WILL BE COMING SOON.

SHOUT OUTS

A VERY big thank you to our Adult Basic Education instructors for their enthusiasm in moving their classes online. We started the classes on Tuesday, April 28 and these are the stats: French Beginner Class with **Callinice Davis** (13 registered), French Intermediate with **Claudia Miranda** (8 registered) and English as a Second Language with **Amritha Sanmugam** (13 registered).

We also thank the dedicated tutors and staff at **Frontier College** who are tutoring and assisting our adult learners online since early April and are preparing to start tutoring elementary and high school students online in May.

We take this opportunity to welcome and thank **Shari Castello**, our Zoom Technical Expert and Assistant, in all the ABE classes.



Our 6 Services



UPDATED office hours during COVID pandemic:

Mon – Wed.: 9 am to 5 pm phone calls only (514) 737-8229
Thurs.: 10 am to 6 pm – FOOD BANK ONLY
Fri.: 10 am to 5 pm – FOOD BANK ONLY

ALL SERVICES ARE CANCELLED UNTIL FURTHER NOTICE.

- Documents:** Passports, Permanent Resident Card, Commissioner of Oaths
- Space rental** for your special events (birthdays, private parties, baby showers, shows, etc... - includes tables (table and chair coverings extra)) & **band rehearsals**
- Community Service Program**
- Licensed Restaurant** – The Jerk Pit – Open Friday evenings as of 8 pm
- Fully Licensed Bar** – Open Fridays as of 8 pm, Saturdays on certain occasions, for rentals and other events
- A fun & secure place to come together** to enjoy each other's company and friendships

Newsletter created by S. Nelson & S. Morgan, next issue: July 2020

CONTACT INFORMATION

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