



**T**he 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 the 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"**

**U**nfulfilling this Mission, the Association manages its operations to ensure the development of the community through economical, educational, cultural and social activities. 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.

Members and Friends of the Jamaica Association,

On behalf our Board of Directors, we trust that you are all well and keeping safe during these difficult times. I am happy to announce that during the last 9 months, to our knowledge, members of the Association have taken the necessary precautions to keep safe. Furthermore, we have not heard of members or friends of the Association that have been impacted by the virus. During the lockdown, the staff and Board have continued to provide essential services. I would like to thank them and those in our membership who have volunteered their time and commitment to make that possible.

October 1, 2020 marked the beginning of our new fiscal year. We are excited about the opportunities and growth potentials that lie ahead. Our goals are set high for the 2020-21 year but attainable, for we strongly believe that goal setting and forward thinking will put the organization in a secure place for many years to come.



**Mark Henry**, President

← T h e P r e s i d e n t ←

We continue to promote our membership drive and boasting the membership to number over 500. We are always seeking members to participate at both the board and membership levels. We invite you to join our organization and participate with your engagement, through feedback, suggestions, and continued efforts to keep the Mission alive and a strong push to continue to build for our community for the next generation. On December 12, we will be holding our AGM for the 2019-2020 year and this will be a great opportunity to see the process in action.

Thank you all for your support and contributions to our organization. Please continue to take care to protect yourselves and keep safe during these unprecedented times. May God bless you and may God bless the Jamaica Association of Montreal.

*"And once the storm is over, you won't remember how you made it through, how you managed to survive. You won't even be sure whether the storm is over. But one thing is certain. When you come out of the storm, you won't be the same person who walked in. That's what this storm's all about."* – Haruki Murakami, Japanese writer

## Inside This Issue: Renewal, AGM & Elections



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## MAKING GREAT STRIDES

On Sunday, September 25, the provincial government announced that Montreal would be in a lockdown until October 28, 2020. At this time, Montreal had entered the RED ZONE in the COVID-19 mapping system. We immediately communicated to members, patrons, and clients of our services that we would be closed for in-person services except for the food bank.

While the Jamaica Association was closed to the public, there was still much activity. Since mid-August **Kadeem Maxwell**, Community Worker, under the Canada Summer Job program has helped us to sort through years of important Association materials and archives. He also conducted interviews with a number of our members for an upcoming book. His mandate ended in early October. **Erika Ryan** also began her mandate with us in August and continues to help us in the archiving process among other roles. Both Kadeem and Erika have done a splendid job in meticulously moving the project forward. Lastly, we take great pleasure in introducing **Sophia Siedlikowski**, our new Youth Outreach Officer. Sophia has been involved in the Association for a number of years. She previously tutored students but now takes a more active role in creating events for youth. She is working with Omar Ramus, Youth Representative, to highlight the youth section and to create memorable events.

We also take this opportunity to thank **Kristen Young**, Community Archivist, for the work she began in archiving the many years of history at the Association.



**Kadeem Maxwell**  
Community Worker, Archives



**Erika Ryan**  
Project Assistant, Archives



**Sophia Siedlikowski**  
Youth Outreach Officer

## FEATURE: INTRODUCING HER EXCELLENCY SHARON MILLER, OUR NEW HIGH COMMISSIONER IN OTTAWA



**Her Excellency Sharon Miller**  
Jamaica High Commissioner to Canada

Sharon Miller's career in the Jamaican Foreign Service spans over three and a half decades, during which time she has garnered a wealth of experience in bilateral and multilateral diplomacy.

She was appointed in 2018 as Jamaica's Ambassador to the Federative Republic of Brazil, with accreditation to four other South American countries.

High Commissioner Miller held the post of director in the Economic Affairs Department of the ministry immediately prior to her assumption of duties in Brasilia. In previous overseas assignments, she served as chargé d'affaires and deputy chief of mission at the Jamaican Embassy in Washington, DC. Mrs. Miller is not new to Canada, as she previously served as Deputy High Commissioner at the Jamaican High Commission in Ottawa a number of years ago.

High Commissioner Miller has also represented Jamaica at multiple regional and international fora, including the Caribbean Development and Cooperation Committee, and more recently served as head of delegation at the Second High-level United Nations Conference on South-South Cooperation in 2019.

High Commissioner Miller holds a Bachelor of Science degree in public administration and has undertaken graduate work in development studies.

Source:

<https://www.nycaribnews.com/articles/new-diplomatic-appointments-to-strengthen-jamaicas-relations-globally/>

## FEATURE: ANNUAL GENERAL MEETING & UPCOMING ELECTIONS – DECEMBER 12, 2020 (ZOOM MEETING)

Your presence and participation in the meeting are very important to the functioning of the Association and we look forward to your continued support and feedback. On this day, there will also be elections for new board members for officers, for a 2-year mandate, and for regular directors, for a one-year mandate. There will also be an additional position on the ballot for a one-year mandate.

Please note that only **active members** (*dues paid before September 30th, 2020*) and **life members** are eligible for nomination to the Board of Directors and have the right to vote.

As per our bylaws, there are 4 board of directors positions that will be up for election in this even numbered year:

### Officers & Directors:

1. **Position #2** – 1<sup>st</sup> Vice-President (2-year mandate)
2. **Position #4** – Treasurer (2-year mandate)
3. **Regular Directors** (1-year mandate)
4. Exceptionally this year, **Position #5** – Secretary (1-year mandate) will so be on the ballot.

Due to COVID-19, we will be conducting elections via an electronic platform as noted at our September 26, 2020 Members' Meeting. This virtual platform is named ElectionBuddy which has been used successfully by Jamaica Canadian Association in Toronto at their AGM in August 2020, among other groups. The Association's bylaws do not allow for voting by proxy. As such, when selecting the appropriate platform, we considered the fact that this system does not allow for voting by proxy either. We are bridging the gap between the responsibility and right for eligible voters to cast ballots for representatives while respecting health guidelines.

Those interested in being on the board must submit their nomination by **Monday, November 23, 2020 by 5 pm** via these means:

1. Submit an email indicating the position they would like to be nominated for;
2. Emails should be sent to [INFO@JAM-MONTREAL.COM](mailto:INFO@JAM-MONTREAL.COM) with subject line **NOMINATIONS 2020**;
3. That email should include the reason why the candidate is interested in the position;
4. Submit a bio including a photo, your professional background and how you feel your contribution can improve the Association;
5. Have two persons submit an email to [INFO@JAM-MONTREAL.COM](mailto:INFO@JAM-MONTREAL.COM) showing their support this potential candidate.

Information will be sent to all members on the step-by-step electronic process. Eligible voters who do not have access to internet will receive a mail-in ballot to be returned by December 9, 2020 which will be opened by our Returning Officer, **Michelle Brown**, Vice President, Jamaica Canadian Association (JCA) in Toronto. All election emails will be monitored by Mrs. Brown to ensure the integrity of our election process. Ballot dates. **Online:** Start: Dec. 9 at 9 am – End: Dec 12 at 5 pm. **Mail-in:** Due by December 9, 2020

### ABOUT THE PLATFORM

ElectionBuddy is an Alberta based company. The platform ensures election integrity, saves serious hours and improves turnout for [election voting](#) or for [meeting voting](#).



Read more here:  
<https://electionbuddy.com/>

### ROLES & PRIMARY DUTIES

**A) Position #2 – 1<sup>st</sup> Vice-President**  
Primary duty: *The Vice-President shall have such powers and duties as may be assigned by resolution of the Board of Directors.*

**B) Position #4 – Treasurer**  
Primary duty: *Ensures that the Board receives relevant and regular financial statements*

**C) Regular Directors**  
Primary duty: *An active member of the board of directors with duties as may be assigned*

**D) Position #5 – Secretary**  
(Exceptionally this year)  
Primary duty: *The Secretary shall attend and send all notices of the Corporation and shall transcribe and keep the minutes of all Board of Directors and Members Meetings.*

**MEMBERSHIP PRIVILEGES & RESPONSIBILITIES**

PRIVILEGES	RESPONSIBILITIES
1. Preferred pricing on certain events	1. Sign the registry at all member's meetings
2. An updated membership card*	2. Update your contact information
3. Voting rights at the Annual General meetings	3. <b>Pay your membership dues for the 2021 year (Oct. 1 – Sept. 30)</b>
4. Contributing to the growth of our Association	4. Respect the rules of membership

\*see below for more information

**DUES & PAYMENT SCHEDULE**

**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)

Payments of membership dues can now be made using **e-transfer** through your bank and sending directly to [info@jam-montreal.com](mailto:info@jam-montreal.com).

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.

There are a number of benefits of getting your card. Contact us today to find out more.

**Thanks to the Management Team at Kane and Fetterly, Funeral Services, for your continued support and encouragement!**



**MOVEMBER®**

**MEN, LET'S TALK ABOUT YOUR HEALTH**

You are important to family, friends and of course to yourself; therefore, take the time to remember to take care of your overall health and wellness. There is absolutely no shame in that!

Movember is a movement specifically geared towards putting a focus on men's overall health in November of each year.

Learn more here:

<https://ca.movember.com/>

**HEALTH AND WELLNESS DURING COVID**

- #1 – Stay connected to others, regularly speak with work colleagues, your family and friends;
- #2 – To reduce stress, structure your days, take regular breaks and adapt your daily life to the current situation;
- #3 – To banish feelings of powerlessness, plan your day as precisely as possible;
- #4 – To stay productive and maintain a healthy balance, keep your private and professional lives separate.
- #5 – Look after your mental and physical health with daily physical and relaxation exercises.
- #6 – Choose your media sources carefully and purposefully.
- #7 – To keep your energy levels up and stay positive, spend some time on creative activities.
- #8 – Keep to regular mealtimes and opt for a light, balanced and varied diet to keep your energy levels up.

Source: CERN. Read more about each point at this link: <https://home.cern/news/news/cern/covid-19-eight-tips-staying-good-mental-and-physical-health-during-challenging-time>

**GETTING INVOLVED – EASY AS A, B, C!**

**A) Our Committees**

1 – Jamaica Association Business Owners & Professionals (JABOP)  
**Mark Henry**, President, [mhenry@jam-montreal.com](mailto:mhenry@jam-montreal.com), 514-238-2659

2 – Membership Committee  
**Mark Henry**, [mhenry@jam-montreal.com](mailto:mhenry@jam-montreal.com), 514-238-2659

3 – Social Committee  
**Alexander Townsend**, 2<sup>nd</sup> Vice President, [zantowns@gmail.com](mailto:zantowns@gmail.com)

4 – Women's Auxiliary  
**Sharon Nelson**, 1<sup>st</sup> Vice President, [sharon.nelson@jam-montreal.com](mailto:sharon.nelson@jam-montreal.com), 514-737-8229

5 – Youth Committee  
**Omar Ramus**, Youth Representative, [jamyouthrep@gmail.com](mailto:jamyouthrep@gmail.com)

**B) Share your ideas for programs, events or improvements**

**C) Volunteer for an event**

**D) BOARD CONTACTS**

- 1. Carlene Clarke: Director, [jamgovernmentservices@gmail.com](mailto:jamgovernmentservices@gmail.com)
- 2. Audley Coley: Senior Representative, [jamsenior62@gmail.com](mailto:jamsenior62@gmail.com)
- 3. Brian Kotler: Director, [jamspecialeventsdirector@gmail.com](mailto:jamspecialeventsdirector@gmail.com)
- 4. Upton Lynch: Director, [jamupkeepdirector@gmail.com](mailto:jamupkeepdirector@gmail.com)
- 5. Aston Mendez: Treasurer, 514-576-5311
- 6. Keisha Wilson: Interim Secretary, [jamsecretary1962@gmail.com](mailto:jamsecretary1962@gmail.com)

**THANKS & RECOGNITION**

As the COVID-19 pandemic rages on in this second wave, and while Montreal is still under RED ALERT, we take this opportunity to recognize and thank nurses, doctors, health care professionals, teachers, daycare workers, transport representatives, retail clerks, delivery personnel for doing their best to keep us healthy, keeping us fed and our economy on track.

**REMEMBRANCE DAY**

**NOV. 11, 2020**

We salute our veterans and troops who have fought and continue to fight to uphold human rights in Canada and around the world. Let us donate to also assist them and their families!

<https://www.poppystore.ca/>



**Feedback / Suggestions? We want to hear from you. Contact us!**

## OUR 7 PROGRAMS

In the second lockdown as of late September, the Association has adapted to this new normal. The office remains closed to the public, but phone calls and emails are answered promptly. All ABE classes, Brilliant Minds, Au Futur and Footsteps Programs continue to be held online. The Food Bank is the only service where clients can come to the Association to collect food items under strict measures that include wearing a face mask and sanitizing hands. No person is allowed entry into the Association.

### 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. On zoom (<http://www.zoom.us>)**

### 2. Footsteps Program

A [program](#) run on Saturdays during September to June (except holiday periods) 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. On zoom (<http://www.zoom.us>)**

### 3. Adult Basic Education (ABE) Programs

We offer individual, as well as small classes with qualified & experienced teachers in a variety of subjects. Typically, classes take place in the evenings with one-to-one tutoring also available. Due to the COVID-19 pandemic, we are offering all courses online. In **Winter 2021**, we will offer these courses:

- French Beginner (Level 2)
- French Intermediate,
- French Advanced, &
- English as a Second Language,

All classes will be held online using Zoom.

Only registered students will receive the meeting ID code. The registration fee is **\$10**.

Contact: **Kim Payton**, Coordinator, Programs & Services, 514-737-8229

4. **Brilliant Minds Tutoring** for high school students – for [help with schoolwork](#) & career planning. Sessions will be **held online using Zoom**. Elementary students are welcome too. Through our partners at Frontier College, tutors are available for one-to-one tutoring sessions for adults also using Zoom. Contact: **Kim Payton**

5. **Food Bank** in partnership with Moisson Montréal. Our community [Food Bank](#) is open every **Thursday (10 am - 5 pm) & Friday (2 pm - 5 pm)**. This community food bank is open to all and everyone is welcome. *January to December (holiday notices posted as necessary)*  
Registration: Mandatory. Cost: \$5.00 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.**  
Contact: **Franklin Onwuneme**, Food Bank Manager, [info@jam-montreal.com](mailto:info@jam-montreal.com), 514-737-8229

6. **Tax Preparation: CANCELLED UNTIL FURTHER NOTICE.**

7. **Steel Pan Classes**  
Contact **Fatima Wilson (514-655-6239). CANCELLED UNTIL FURTHER NOTICE.**

## PAST & UPCOMING EVENTS

(All events are held online)

- Food Bank** **Every Thursday & Friday**  
The food bank will be closed December 24, 25, 31, 2020 & Jan 1, 2021
- Nobody's Perfect Parenting Workshop** **Every Friday**  
Contact Sue Hamilton (runs until Nov. 20<sup>th</sup>, 2020)
- Online Members' Meeting** **Sat., Oct. 17, 7 pm**  
Zoom meeting ID will be sent to members before the meeting. All are welcome!
- Women in STEM: A panel discussion** **Mon., Oct. 26, 7 pm**  
Zoom meeting ID will be sent to registered participants. All are welcome!
- Caribbean & African folk stories** **Sat., Oct. 31, 7 pm**  
Zoom meeting ID will be sent to registered participants. All are welcome!
- Online Members' Meeting** **Sat., Nov. 14, 7 pm**  
Zoom meeting ID will be sent to members before the meeting. All are welcome!
- Credit & Credit Cards: A Workshop** **Fri., Dec. 11, 12:30 pm**  
Contact Sue Hamilton
- Annual General Meeting & Elections (1<sup>st</sup> VP, Treasurer, Secretary & all Directors)** **Sat., Dec. 12, 7 pm**  
Zoom meeting ID will be sent to members before the meeting. Voting will be done online via a secure online platform.
- Christmas Concert** **Sat., Dec. 19, 2020, 7 pm**  
Featuring Juliet Nelson, Zina Edwards, Crystal Clear, West Can & Mark Henry
- Caribbean Christmas Stories** **Wed., Dec. 23, 2020, 7 pm**

### 120 NEW REGISTRANTS USING OUR FOOD BANK SINCE MARCH 2020!

There has been a record number of new registrants to the food bank. In fact, that number topped 120 by October 23. We are truly humbled and sincerely appreciate the trust that members of Montreal's community have vested in us to provide quality & healthy food to them and their families.



## OUR 6 SERVICES

**Office Hours: Mon – Fri: 10 am to 6 pm \* (514) 737-8229**  
**Holiday Hours: OFFICE CLOSED DEC. 21, 2020 - JANUARY 4, 2021**  
**COVID-19 RED ZONE RESTRICTIONS**  
**NO ONE CAN ENTER THE ASSOCIATION**

- Documents:** Passports, Permanent Resident Card, Commissioner of Oaths.
- Space rental** for your small gatherings up to 15 persons. Special events (birthdays, private parties, baby showers, shows, etc... - includes tables & chairs (table & chair coverings extra)). **CANCELLED UNTIL FURTHER NOTICE.**
- Community Service Program** – for persons needing to complete mandated community hours. **CANCELLED UNTIL FURTHER NOTICE.**
- Licensed Restaurant** – The Jerk Pit – Open Friday evenings as of 8 pm to 1 am. **CLOSED UNTIL FURTHER NOTICE.**
- Fully Licensed Bar** – Open Fridays as of 8 pm. Saturdays on certain occasions, for rentals for small gatherings (up to 15 persons). **CLOSED UNTIL FURTHER NOTICE.**
- A fun & secure place to come together** to enjoy each other's company and friendships.

Newsletter created by S. Nelson, next issue: Jan. 2021