

## PRESIDENT'S MESSAGE

Theme for 2024: **JUST DO IT !**

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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. 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.



Mark Henry, President  
Jamaica Association of Montreal

Members and Friends of the Jamaica Association, I trust that you have had a fantastic start to the summer. My hope is that you have taken some well-deserved vacation with your friends and family. It was an eventful summer, one where there were many activities in the Association and outside of it.

These activities included Jamaica Day in 3 places. We were fortunate to have with us this year an international Jamaican recording artist named Lukie D. He brought the right touch to Jamaica Day.

We had the opportunity to visit with other Jamaican groups as well we had VM Group and their President, Mr. Courtney Campbell come to the Association. He and his team indicated that they enjoyed their time with us and are looking to do business in Montreal. The Montreal Carimas Festival was a big part of Montreal's summer, thank you to all who supported us through that adventure.

On behalf of our Board of directors, we wish the best and pray for your continued health and strength. We also remember those who have lost loved ones this year. May the good Lord bless and keep always.

**"A generation which ignores history has no past and no future"- Robert A. Heinlein**

## FOCUS: HEALTH AND WELLNESS

Ladies and Gentlemen, let see some important health seminars for you and family on **Thursday, September 26 (online)** and **Friday, September 27 (in person)**.

**ZOOM CODE: 856 863 74297**

**IN PERSON: JAMAICA ASSOCIATION**

## CONTACT INFORMATION

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

**Email:** [info@jam-montreal.com](mailto:info@jam-montreal.com) \* **Website:** <http://jam-montreal.com> \* **Facebook:** <http://facebook.com/jamaicaassociationmontreal>

**Instagram:** @jamaicaassociationmontreal \* **YouTube:** Jamaica Association of Montreal

## FEATURE: SUMMER RECAP OF ACTIVITIES

In June, we were in Jamaica for the **10th Biennial Diaspora Conference** which took place in Montego Bay. It was a great opportunity to be in Jamaica, to hear about developments, there and to meet Jamaicans from at least 19 countries. There were **two highlights**, the first being the opening of the refurbished girls bathroom at **Black River High School**. The second was for President Mark Henry to receive the **Governor General Achievement Award**.



Award Ceremony – June 19, 2024

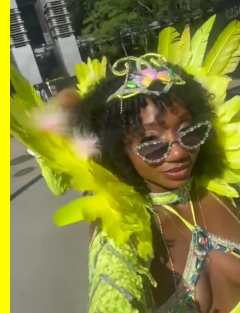


Black River – June 20, 2024

The Jamaica Association's Cool Runnings was in Martin Luther King Park (Kent Park) with other Community organizations for **Canada Day 2024** (July 1, 2024).



The Jamaica Association is proud to be among the Caribbean Coalition Network of Montreal that brought **The Montreal Carimas Festival** in summer. The event consisted of 5 events from May to July with the **Carimas Parade** running down Rene Levesque Blvd until Place du Canada on July 6, 2024 !



**Jamaica's Independence** was celebrated at the Rehoboth Church of God on Grand Boulevard (Montreal) on August 4 and in Ottawa at the Ottawa Seventh Day Adventist Church Sunday, August 11, 2024.



Montreal



Ottawa

## JAMAICA DAYS – MONTREAL (July), OTTAWA (August), NEW BRUNSWICK (August)



Jamaica Day in Montreal



Members of the Jamaica Association in Ottawa for JAMDAY 2024, August 10, 2024



Molly Young in New Brunswick at the newly form Jamaican Canadian Association of New Brunswick, August 10, 2024

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## MEMBERSHIP, ENGAGEMENT, AND INVOLVEMENT

Getting involved in an organization that matches your values is important for it bolsters teamwork and your own want to give back. At the Association, we value the time and commitment by all those who positively give back in their own unique ways to build the Association and to see it grow for today and for tomorrow.

Getting involved is a multi-step process that involves a **designated path**. These are the 3 steps established by our Membership Committee over a 3-year period:

**1 – becoming a member** of the organization to better understand what the organization is all about, what it does or does not do (**1<sup>st</sup> year**);

**2 – engagement in volunteering** perhaps for a project or an event, for this allows you to know the organization and how you can contribute. This in turn allows you to discover strengths and those in the leadership role to understand you. **Establishing, building trust, respect and teamwork** is essential to our Association. By volunteering on a project, **or committee** allows for everyone to know each other better and to work cohesively throughout various projects (**2<sup>nd</sup> year**);

**3 –** At the minimum, in the **3<sup>rd</sup> year** of engagement, is the time that individuals can be considered, by our membership, to join the **Board**. Being a member on the Board is an important role that requires, knowledge and the ability to take on the important responsibilities. If this is for you, then we certainly welcome your enthusiasm!

Sharon, Sophia, Rosemarie, Marlene, and Keisha

### SAME NUMBER NEW EXTENSIONS FOR : 514-737-8229

Main Office, dial 110 ;

President, Mark Henry, dial 101 ;

1st Vice-President, Sharon Nelson, dial 102 ;

Secretary, Ingrid Barrett, dial 103 ;

Executive Assistant to the President, Althea Robinson, dial 104 ;

Programs and Services, dial 105

Cool Runnings Restaurant, dial 106;

Food Bank, dial 107;

Treasurer and Bar Manager, Keisha Wilson, 108;

Security, dial 109.

### Pay your Membership Dues

Last day for payment of dues for the 2023-24 year is **September 30, 2024**.

Qualified candidates will be eligible to be nominated to the board and all candidates will be able to vote at the AGM on **December 14<sup>th</sup>, 2024**.

## SOCIAL COMMITTEE FEATURE

The Social Committee is an important entity created continue to promote the social aspects of the Association.

The committee has been in existence since the start of the Association in 1962. It was responsible for organizing trips and events. The Social Committee has resumed trips over the summer as well as have weekly and monthly events that include Overproof Fridays, monthly Games Nights which happen every third Friday of each month among other activities

For more information, contact **Alex Townsend** at 514-737-8229

## CONTRIBUTIONS WELCOMED !

<https://jam-montreal.com/contribute-to-the-cause>



[Check out our videos !](#)

Join us – check out our [Membership Page](#)

Thank you [Kane & Fetterly](#) for your continued support for all that you do for us and our membership. Such as making our membership cards and more. Our new agreement will be very beneficial too !

- 1 **Banquet Committee:** Molly Young, Sophia Heath, Ingrid Barrett, Peter Barrett, Althea Robinson,
- 2 **Building Fund Committee:** M. Young, M. Henry, Claudette Scott, Melrose Christopher, Doreen Jones
- 3 **Events Committee:** Linkcon Demetrius, Mark Henry
- 4 **Finance Committee:** Mark Henry, Ingrid Barrett, Sharon Nelson, Keisha Wilson
- 5 **Dominos & Games:**
- 6 **Health and Safety:** Althea Robinson (Chair), Sophia Heath, Rosemarie Lewis
- 7 **Human Resources:** Omar Ramus, ([jamhumanresources1962@gmail.com](mailto:jamhumanresources1962@gmail.com)), Althea Robinson
- 8 **Jamaica Association Business Owners & Professionals (JABOP):** Sharon Nelson, Chair
- 9 **Membership Committee:** S. Heath, S. Nelson, (Co- Chair), R. Lewis, Marlene Roper & Keisha Wilson
- 10 **Nominations & Elections Committee:** Molly Young, Chair
- 11 **Senior Committee:** John Foster, ([jamsenior1962@gmail.com](mailto:jamsenior1962@gmail.com))
- 12 **Social Committee:** Alexander Townsend, Uton Lynch, Clyde Williams, DJs, Lisa Morris, Reta Campbell, Keisha Wilson, Conroy Barnes, Karima Raiss, Jody-Ann Allen
- 13 **Women's Auxiliary (WA):** Sharon Nelson, Chair
- 14 **Youth Committee:** Omaire Morgan, [jamrepyouth@gmail.com](mailto:jamrepyouth@gmail.com)

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## THANK YOU – VM GROUP

For your visit in July.  
More to come.



VM GROUP

## OUR 6 PROGRAMS

- Au Futur Program (Young Mothers)**  
A program for young single Black Mothers. Cost: **FREE. (Federally Funded by Health Canada)** Contact: **Au Futur Program**, Program Coordinator Call: **514-737-8229 ext. 110**
- Footsteps Program**  
A program for children primarily between the ages of 0 to 5 years and 6 to 12 years. We hold Saturday sessions online and the Collective Kitchen every 2<sup>nd</sup> Monday with Maison Mosaik, Mlnibiblioplus (Fraser Hickson Library). Contact [jamfootstepsprogram@gmail.com](mailto:jamfootstepsprogram@gmail.com), 514-737-8229
- Adult Basic Education (ABE) Programs**  
A series of classes for adults offered during fall, winter and spring. Contact **Kim Payton**, Coordinator of Programs and Services [jamprogramservices@jam-montreal.com](mailto:jamprogramservices@jam-montreal.com) to register for classes, Cost \$15
- Brilliant Minds Tutoring & Vocational Training** for elementary, high school and adult learners. This free service, in collaboration with United for Literacy, provides help with schoolwork and career planning. Online sessions. There is also paid tutoring at \$25 for one to one private Math tutoring. Contact **Kim Payton**
- Food Bank** in collaboration with Moisson Montréal. The Food Bank is open **Thursdays (11 am to 5 pm) & Fridays (2 pm to 5 pm)**. Cost: **\$7.00** per person, standard fee.
- Tax Preparation**  
The **Tax Clinic** is held in collaboration with Canada Revenue Agency and Revenu Québec is for low to modest income earners. The Tax Clinic runs from mid-March and until mid-May.

Contact: [jamgovernmentsservices@gmail.com](mailto:jamgovernmentsservices@gmail.com)  
Call **514-737-8229** for more info

## STAFF & VOLUNTEERS

	<b>Kim Payton,</b> Coordinator , Programs and Services
	<b>Markayla Black-Johnson</b> Coordinator, Footsteps Program
<b>Food Bank:</b> Hazel Williams, Kenneth Warren, Shilove Lauwers, Kerry-Ann Simpson, Agnes Faustin, Christopher Thompson	<b>Bar staff:</b> Reta Campbell, Lisa Morris, Karima Raiss  <b>Chef:</b> Winston Richards (Pick)

## ONGOING EVENTS

- Collective Kitchen** every 2<sup>nd</sup> Monday
- Food Bank** Thurs. (11 am – 5 pm) & Fri. (2 pm to 5 pm ), \$7.00
- Overproof Fridays** every Friday night
- Versatile Saturdays** most Saturdays, when there is no special event or hall rental – check our [website](http://jam-montreal.com)

## EVENTS: JULY, AUGUST & SEPTEMBER

- |   |                                       |
|---|---------------------------------------|
| 1. <b>Canada Day in the Park</b>        | Monday, July 1                        |
| 2. <b>Carimas Parade</b>                | Saturday, July 6                      |
| 3. <b>VM Group expo</b>                 | July 18 & 19, 2024                    |
| 4. <b>Games Night</b>                   | Fridays, July, 19, Aug. 16 & Sept. 20 |
| 5. <b>Jamaica Day</b>                   | Saturday, July 27                     |
| 6. <b>Emancipation (Coalition)</b>      | POSTPONED – July 28                   |
| 7. <b>Independence Celebration</b>      | Sunday, August 4 (MTL)                |
| 8. <b>Bus trip to Ottawa for JAMDAY</b> | Saturday, August 10                   |
| 9. <b>Independence Celebration</b>      | Sunday, August 11 (OTT)               |
| 10. <b>Members' Meeting</b>             | Saturday, September 28                |
| 11. <b>Membership dues date</b>         | Saturday, September 30                |
| 12. <b>Fiscal Year End</b>              | Saturday, September 30                |

## SIMPLE CHIC BIRTHDAY CELEBRATIONS

The Members of the Social Committee have an offering for you! If you want to celebrate your birthday at the Association on a Friday as part of Overproof Friday, you certainly can. All you need to do is **bring your sweet table but no cooked food** as Ian "Warrior" Nelson is already in the restaurant. This is a win-win for you and us, where patrons get the opportunity to come in without a hall booking and for us where we nonetheless get to host your celebration ! ☺



## OUR 6 SERVICES

**Office Hours: Mon – Fri.: 10 am to 6 pm \* (514) 737-8229**

- 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 persons needing to complete mandated community hours.
- Licensed Restaurant** – Cool Runnings – Open Tuesdays to Saturday as of 12 pm every day. See our [menu and find out more](#)
- Fully Licensed Bar** – Open Fridays and Saturdays as of 8 pm. On Saturdays, the Noel Alexander Banquet Hall is also available for rental for special events.

### OVERPROOF FRIDAYS AND LOUNGE SATURDAYS HOURS

Fridays	<b>9 pm to 3 am:</b> Last call 2:15 am, Bar closes at 2:45 am
Saturdays	<b>9 pm to 3 am:</b> Last call 2:15 am, Bar closes at 2:45 am

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

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