



HAPPY SPRING!



PRESIDENT'S MESSAGE

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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 economic, educational, cultural, and social activities.



Mark Henry, President

Members and Friends of the Jamaica Association,

On behalf of your Board of Directors, we trust that you are all well and continue to be vigilante in observing the protocols implemented by our governments and the businesses to battle this terrible pandemic; furthermore, to keep your families and loved ones safe. I would like to draw from a passage in the King James Bible that declared that **“Now Faith is the substance of things hoped for and the evidence of things not seen”**. The rapid response by the world's scientists and those in the medical profession to create a vaccine to combat COVID-19, there are many who understandably are questioning its safety and have suspicions to the overall intent.

This pandemic is challenging our faith in science and God, but I encourage you to keep a positive attitude and that things will get better. It is also important that we continue to respect each person's right to refuse vaccine as this is an extremely personal decision.

In the same breath, I encourage our membership and friends to do their own thorough research so that you can make an informed decision on this matter. We recently put on an event centered on providing pertinent information to help with this decision. Following this on-line event, I took the decision to take the vaccine. I am happy to announce that I had no lingering effects after 3 weeks.

It is my belief that it is our civic duty is to play our part in helping our society return to some sense of normalcy as soon as possible.

May the Lord bless and keep you and cause his face to shine upon you and give you peace

Continued **love & respect** to all health care workers & frontline workers! You are also carrying us through this pandemic!



MEMBERSHIP DUES ARE DUE * PAY BY CHEQUE OR E-TRANSFER

There are three types: Active, Life and Honourary Members.

<https://jam-montreal.com/membership-information>

INFO@JAM-MONTREAL.COM

SEE PRIVILEGES & BENEFITS ON PAGE 3

WE ARE SEEKING TALENT! CONTACT US TO DISCUSS HOW YOU CAN GET INVOLVED! (PG. 3)



NEW FACEBOOK GROUP & PAGE

Our social media sites were recently compromised, as such new ones were created. Check us out!!

New Page: <https://www.facebook.com/jamaicaassociationmontreal>

INSTAGRAM

We also take the opportunity to welcome **Shawn Henry**, who is helping us with managing our Instagram account! Thank you.

@jamaicaassociationmontreal

Instagram

FEATURE: GENERAL ELECTRIC - A COMPANY GIVING BACK

In February 2021, we were contacted by Pavlova Narrainen who worked at the GE plant in La Prairie, Quebec. Little did we know that that first call would lead to a collaboration between the Jamaica Association and members of the staff there.

During Black History Month, the employees had launched a charitable movement named the BLM Charitable Movement in both their La Prairie and Chicago offices. The aim was to give back to local Black communities and to recognize the work they did particularly around food security. Ms. Narrainen had put together a flyer to promote this initiative in Montreal and reached out to us to find a suitable organization. After several conversations, Ms. Narrainen asked if a representative of the Jamaica Association would like to meet with Olivier Ruiz, Team Leader at GE Renewable Energy (La Prairie, Quebec) and his staff of 60 employees and talk about the various activities offered at the Association along with a snapshot of what is happening at our food bank.



Mr. Olivier Ruiz, Team Leader at GE Renewable Energy, La Prairie

We are very proud to say that after that meeting, GE staff members raised over \$700 for our food bank. In fact, 28 gift cards with a value of \$25 were purchased and distributed to food bank members. Each recipient expressed their gratitude and surprise. We thank all those who contributed to this effort, we are truly humbled.

As a result of this effort with our food bank, and through other meetings, Olivier Ruiz was encouraged to do more for this local community organization. As such, the idea of initiating tutoring sessions for adults was born.

To date, we have two participants in this new aspect of the Brilliant Minds program.

When the opportunity for tutoring adults was announced at GE, several people put up their hands to take part in the tutoring program. What a great way to give back, through education. Once again, we are sincerely grateful for GE and the want of their staff to help this local community organization. Thank you for your generosity in time and effort.

Note that this tutoring program with GE staff members is a new initiative and is separate from the session we currently have with Frontier College. In this program with Frontier, has been in place over the past 20 years. As such, tutoring is offered for both adults, young adults, and children. Bless up Olivier Ruiz and the 60 staff members at GE Renewable Energy facility in La Prairie!



Gift cards with \$25 value

FEATURE: APPROX. \$60K IN GRANTS RECEIVED IN 2021 TO DATE!

In late 2020, we applied for a number of grants which included the **New Horizons Seniors Project**, **Canada Summer Job for 2021**, and the **Supporting Black Canadian Communities Initiatives – Capacity Building**. We are proud to announce that we have received \$60K in funding: \$25K (New Horizon Seniors Project), \$4,346 (Canada Summer Job) & \$30K Capacity Building.

New Horizons Project for Older Adults – “A Journey to Mental Wellness”

This year-long project will help us to identify and address the social needs of older adults such as: senior isolation, senior inclusion, health and well-being, nutrition, and fitness. Our targeted group is for older adults aged over 60 years. Our aim is to help reduce senior exclusion and help in reducing loneliness. We created a Social Calendar of Events of various activities offered on a weekly basis via Zoom. This project begins in May and has 3 iterations over the 12 months.

Canada Summer Job

We are proud to announce that Erika Ryan will be working with us this summer to help with collecting stories and creating a historical book of the members and friends of the Jamaica Association.

Supporting Black Canadian Communities Initiative - Capacity Building

The objective of this initiative is to fund projects that build the capacity of Black-led non-profit organizations by diversifying income sources and financing, enhancing operational management effectiveness and efficiency, strengthening capacity for governance for Black-led organizations. This project begins in August and lasts 18 months - more information to come.

RECENT RENOVATIONS & UPDATES

During this time, we are taking the opportunity to renovate the Association. Most recently, we were able to update the **men's lavatory** by installing two new urinals and two new toilets. We are also in the process of looking at renovations to the **women's lavatory**. More information to come.

We have upgraded the **security system** while reducing its monthly cost. We did this by changing companies from Telus to an independent provider. We find the service provided is more personalized, and there is an easier access to the company owner.

Since March, **Conroy Barnes** was hired to clean the Association. He is here every Monday.

Thank you to **George Grant**, Honourary Consul for Jamaica at Montreal who has donated beautiful office furniture for the **Kingston room** (Main office) and the **Port Maria room** (Au Futur / Footsteps office). We also outfitted the **Balaclava room** (Food Bank) with his donations.

THE BUILDING FUND

For several years, our members have expressed the desire for the Jamaica Association to own a building of our own. On April 17, 2021, there was a formal call for this process to begin. The sole purpose of the funds will be to purchase and more than adequately renovate the space into a beautiful community organization and complex.

We started with a small amount and now we have over \$600 in couple of weeks. At this time, we cannot offer a charitable receipt but if you want to contribute, feel free to do so at info@jam-montreal.com. Contact Mark Henry for more information.

NOTICES

Happy **100th Birthday Celebration** Mr. Howard Dayle!
Wishing all those celebrating a birthday in April, May, and June only the best.

GET INVOLVED!

A) 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**, Omar Ramus
7. **Senior Committee**, Audley Coley
8. **Elections Committee**, Carlene Clarke

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

C) Volunteer for an event

Call or email the JAM office to speak with the Chairs of these Committees.

YOUTH LEADERSHIP PROGRAM

EXCITING SUMMER 2021 OPPORTUNITY

The Jamaica Association of Montreal is launching a 2021 Summer Youth Leadership Program!

The Youth Leadership Program aims to empower and engage youths of Montreal's diverse communities, equipping them with the necessary tools, skills and network that will prepare them to become the next generation of leaders.

Participants will:

1. **Engage in community initiatives through volunteer opportunities;**
2. **Connect with mentors based on academic and career interests;**
3. **Build a supportive network of peers through a variety of workshops and team-building activities.**

The program is open to high school students (grades 8-11) who are first generation newcomers or second-generation Canadians. It will be held from July to August 2021. Keep an eye out for registration details in the month of May!

For more information, please contact **Omar** (JAM Youth Representative) and **Sophia** (JAM Youth Outreach) at jamouthrep@gmail.com

MEMBERSHIP!

PRIVILEGES

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

RESPONSIBILITIES

1. Sign the registry at all member's meetings
2. Update your contact information
3. **Pay your membership dues for the 2021 year** (Oct. 1, 2020 – Sept. 30, 2021)
4. Respect the rules of membership

DUES & PAYMENT SCHEDULE**

1. Family **\$40** (2 children (under 17 yrs. old) & 2 adults),
2. Adult **\$25** (18 - 59 yrs.)
3. Students **\$10** (12 -17 yrs.)
- & 4. Seniors **\$10** (60+ yrs.)

Payment can be done by cheque or e-transfer to info@jam-montreal.com

** Fees will increase slightly as of October 1, 2021.

Thanks to the management at **Kane & Fetterly** for your support!



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Unique Farewells for Uniques LivesTM

OUR 7 PROGRAMS

- 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. Service offered online due to COVID-19 pandemic. *Cost: **FREE. (Federally Funded by Health Canada)** Contact: **Sue Hamilton**, Program Coordinator Cell: **438-499-8229**
- Footsteps Program**
 A [program](#) run on Saturdays from 1 pm to 3 pm for toddlers and children aged 0 to 9 yrs. old. Due to the pandemic, the program which is **online**, includes reading activities, arts, and crafts. There are qualified volunteers and an educator online to assist. Contact **Sue Hamilton**
- 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 access to all courses: **\$10.00**. Click [here](#) 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 to register for classes
- Brilliant Minds Tutoring** for kids, high school students & adults. Offer help with schoolwork and career planning. Online sessions. This program is being revamped and will be launched soon. Contact **Kim Payton**
- Food Bank** in collaboration with Moisson Montréal. The Food Bank is open **Thursdays (10 am to 5 pm) & Fridays (2 pm to 5 pm)**. *January to December*, holiday notices posted as necessary. Registration: Mandatory. Cost: \$5.00 per person, standard fee. Call or email the Association for more information Registration and collection at the Association. **Note:** *New arrivals to Canada and new users of the food bank are asked to call one day in advance.* **Staff: An el Bolduc, Bastien McLean, & Shari Castello**
- Tax Preparation**
 We have launched our Jamaica Association Tax Clinic. The service is in collaboration with the Federal and Provincial governments and is free. Tax documents being accepted until **May 15, 2021**. **Carlene Clarke, Project Lead**
- Steel Pan Classes**
Fatima Wilson of Salah Steel Pan.
CANCELLED UNTIL FURTHER NOTICE.



SOME UPCOMING ONLINE EVENTS

- Food Bank** Thurs. (10 am – 5 pm) & Fri. (2 pm to 5 pm), \$5.00
- Saturdays with DJ King Farre** Saturdays, 2 pm
- Let's Talk About Sex** Tues., Apr. 27, 7 pm
Part 3 – Pleasure vs Shame with Nora Jean-Baptiste, Massage Therapist
- Migration to Canada** Wed., Apr. 28, 7 pm
Andrea Pierce, Regulated Canadian Immigration Consultant
- New Horizons Seniors Project** apply by April 30 at 5 pm.
A year-long Federally funded program for Older Adults. This event is entitled "A Journey into Mental Wellness"
- Banking with JN Bank in Canada** Tues., May 11 at 7 pm
[Register on Eventbrite today!](#)
- Member's Meetings** Sat. May 15, 7 pm
- Women's Auxiliary Mother's Day Celebration** Sun. May 9, 3 pm – Taking a "Virtual World Tour"
- WA Speaker Series** Mon., May 17, 7 pm
Women & Property with George Grant, Realtor
[Register on Eventbrite today!](#)
- Sunday Senerade** Sun., May 23, 4 pm
With Mark Passion on Facebook Live ! Check
- Planning for the Ones You Love!** Tues., May 25, 7 pm
Mary Pallett, Family Counsellor at Kane & Fetterly
[Register on Eventbrite today](#)
- JUNE 2021 IS HEALTH MONTH.** June 2021
More information to follow...
- Member's Meetings** Sat., Jun. 12, 7 pm
- Jamaica Tourist Board** Wed., June 16, 7 pm
with Angella Bennett, Regional Director & Louise Paquette, Business Development Manager, Eastern Canada



OUR 6 SERVICES

Office Hours: Mon – Fri.: 10 am to 6 pm * (514) 737-8229
COVID-19 RED ZONE RESTRICTIONS IN EFFECT
NO ONE CAN ENTER THE ASSOCIATION

- Documents** – Passports, Permanent Resident Card, Commissioner of Oaths (forms can be mailed to you)
- 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. **CLOSED UNTIL FURTHER NOTICE.**

Created by Sharon Nelson, next issue July 2021