



Jamaica Association of Montreal inc.
Association jamaïcaine de Montréal inc.
We Grow Because We Serve!

President's Message



Dear Members and Friends,

It is with pleasure that I welcome you to Fall and our second edition of our newsletter. Let me begin by wishing you all a happy fall season.

This past summer there was a flurry of activities at the Association ranging from members meetings, live performances at our Uptown Reggae

Nights, and games nights. Mixed in were our Father's Day Brunch, the Jamaica Independence Cocktail, a workshop that was moderated by Jacqueline Morrison, Life Strategist and Coach, among others.

This Fall, we are preparing a slate of events and activities that we hope will be of interest to you. For example, on November 5, we will host our Heroes Banquet. This year, our guest of honour is Police Chief Devon Clunis (ret.), Winnipeg's 17th police chief and Canada's first black police chief.

We have taken a particular focus on [health and wellness](#) and are modeling some of our activities around the Government of Jamaica's efforts to empower Jamaicans, at home and abroad, to improve their health status generally but with a particular focus on hypertension, diabetes and cancer. In Jamaica, approximately 70% of the population is afflicted with one of these. We will be hosting several workshops in the near future and we look forward to seeing you there.

If you cannot attend these events, no problem, always feel free to stop by the Association, or visit us online. We look forward to getting to know

you more and for you to know us!

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 it's 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, as a result of numerous workshops, 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 it's operations so as to ensure the development of the community through economical, educational, cultural and social activities.

EVERY FRIDAY NIGHT 9:00 PM - 3:00 AM

Event: SOCIAL, GAMES & DJs
Cost: FREE
Location: Jamaica Association of Montreal, 4065 Jean Talon W. 2nd floor, 514-737-8229

OCTOBER

FRIDAY, **OCTOBER 14**, STARTING AT 7 PM

LUDO AND BINGO NIGHT

Come, play, have fun at the Association (4065 Jean Talon W., 514-737-8229)



SUNDAY, OCTOBER 16 - STARTING AT 1:00 PM

A day of activities and fun – attend all events or as many as you like.

ALL ACTIVITIES ARE FREE OF CHARGE!

1:00 pm – 3:00 pm (120 minutes)

Yoga with Cassandra Kernisan, Founder of [Alkemy Wellness & Yoga Studio](#) RSVP for yoga - Spaces are limited - Bring your yoga mats

2:30 pm – 3:00 pm

A brief talk on health and an holistic approach to eating with Cassandra Kernissan.

3:30 pm – 4:30 pm (60 minutes)

A panel discussion: “Water and access in Jamaica”

Expert panel: Jamaicans Kimberly John, Ecologist, & Richard Atkinson, Civil Engineer, former employee of the National Water Commission (NWC)

5:30 pm – 6:45 pm (75 minutes)

Movie screening and short discussion: “The Business of Slavery” (a BBC TWO production)

7:00 pm – 9:00 pm: Jamaica Association Members meeting

SUNDAY, **OCTOBER 23** - 5 PM TO 10 PM

KARAOKE AND COMEDY NIGHT

Come out to the Association and party to the beat of your own tune... and others. We look forward to hearing you sing!

COST: FREE Food available for sale



SATURDAY, **OCTOBER 29** - 10 AM TO 12:30 PM

WORKSHOP: **“DESTINY PLAN - SET YOUR GOAL AND ACHIEVE IT”**

MODERATED BY JACQUELINE MORRISON, LIFE LEADERSHIP STRATEGIST

LOCATION: Jamaica Association Montreal, 4065 Jean-Talon W, 2nd floor

COST: Guests \$25 Members \$20 (**Special offer for members - 20% off**)

REGISTER: 514-805-6429 (Nancy) or 514 737-8229 (Association)

info@jam-montreal.com

NOVEMBER

SATURDAY, **NOVEMBER 5** - 6:00 PM - 3:00 AM HEROES BANQUET 2016

GUEST OF HONOUR:

POLICE CHIEF DEVON CLUNIS (RET.)

CANADA'S FIRST BLACK POLICE CHIEF & WINNIPEG'S 17TH CHIEF OF POLICE.

LOCATION: Jamaica Association of Montreal,

TIME: Cocktails at 6:00 pm, Dinner at 7:30 pm, Dance, 10:00 pm,

COST: \$ 80 per person

Tickets available online at <https://www.ticket-pal.ca> at the Association or from a Board member.

ENTERTAINMENT: DJ TLC & more

CBC Coverage of Mr. Clunis: www.cbc.ca



Police Chief Devon Clunis, (ret)



SATURDAY, **NOVEMBER 19** - 10:00 PM
OLD TIME SOMETHING COME BACK AGAIN...

LOCATION: Jamaica Association of Montreal,
4065 Jean-Talon, 514-737-8229

TIME: 10 pm

COST: \$10 in advance, more at the door

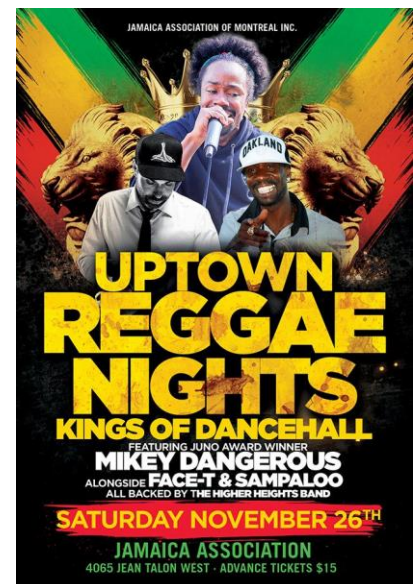
SATURDAY, **NOVEMBER 26** - 10:00 PM

UPTOWN REGGAE NIGHT FEATURING THE KINGS OF DANCEHALL

MIKEY DANGEROUS, FACE-T, AND SAMPALOO

LOCATION: Jamaica Association of Montreal,
4065 Jean-Talon, 514-737-8229

COST: \$15 in advance, more at the door



DECEMBER

DATE AND TIME: TO BE CONFIRMED

ANNUAL GENERAL MEETING at the Association



SATURDAY, **DECEMBER 17** - STARTING AT 3:00 PM - CHRISTMAS PARTY

CHILDREN'S CHRISTMAS PARTY - STARTING AT 3:00

Santa called and said he would be here at the Association to celebrate with all the girls and boys!

X-MAS GET-TOGETHER & VOLUNTEER APPRECIATION CELEBRATION - STARTING AT 6:00 PM

BOTH EVENTS ARE FREE

PROGRAMS & SERVICES



Adult Basic Education (ABE) Program

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-on-one tutoring also available.

One time registration fee: **\$30.00 (Provincially funded by PACTE)**

Available courses:

- Individualized Reading & Writing
- English Language Help Workshops
- Mathematics - Lab
- Basic MS Excel
- French as a Second Language - Intermediate
- Reading & Writing II
- Mathematics - Arithmetic
- Introduction to Computers
- French as a Second Language - Beginner
- Saturday Tutorials

Click [here](#) to view course descriptions and schedule. Our teachers and the Association are vested in your success!

All courses offered at 6767 Cotes-des-Neiges, 5th floor

Contact: **Douglas Bartley**, Program Coordinator

Office location: 4065 Jean Talon W., 2nd floor

Phone: **514-737-8229 ext. 223**

Provincial & Federal Tax Preparation

Mr. Aston Mendez, Treasurer, has for many years and continues to assist individuals in lower income bracket with the preparation and submission of their provincial and federal tax returns. Call him at 514-737-8229 for more information regarding this service.

Cost: **FREE**

Food Bank in collaboration with



Our Food Bank is open every Tuesday until June 2017 from **noon to 2 pm** at 4065 Jean Talon, 2nd floor.

Registration: **Mandatory**

Cost: **\$3.00 per person**

Holiday notices will be given well in advance, *if applicable*

Contact us for more information.

Registration and collection location:

4065 Jean Talon W., 2nd floor

Phone: **514-737-8229**

OTHER SERVICES

- (1) Commissioner of Oaths
- (2) Jamaican Jerk Pit Restaurant

Young Mothers

If you are between **15 and 25** years old and have one or more children, we can help you realize your dreams.

Click [here](#) for more info on this confidential service.

Cost: **FREE. (Federally Funded by Health Canada)**



Contact: **Sue Hamilton**,

Program Coordinator

Office location: 4065 Jean Talon W., 2nd floor

Cell: **438-499-8229**

We welcome your feedback

As much as the members of the Board of Directors have enjoyed compiling these events for our members, families and friends, we nonetheless would like to hear from you. Please let us know if these events answer to your needs and or expectations. Take a few moments to fill in the suggestion box below and send them back to us.

Thank you!

Keep in touch!

Website: <http://www.jam-montreal.com> Facebook Page: facebook.com/jammontreal

Twitter handle: @jammontreal

Suggestions:



Mail to: Board of Directors
Jamaica Association of Montreal,
4065 Jean Talon, Montreal, Quebec, H4P 1W6

or

Email to: info@jam-montreal.com

Board of Directors, 2015-2016: President: Michael Smith, 1st Vice President: Mark Henry, 2nd Vice President: Conroy Barnes, Treasurer: Aston Mendez, Secretary: Sharon Nelson, Director: Nancy Davis, Director: Colin Page, Director: Alex Townsend, Director: Clyde Williams, Past President: Noel Alexander