



Welcome to 2017!



Beeston Spring, Westmoreland

Dear Members,

It is with profound joy that I take this opportunity to wish you all a very prosperous 2017. It is my hope that all your dreams, wants and aspirations come true in this year. This year marks an important milestone for the Jamaica Association of Montreal, as we are celebrating **55 years of service** and existence in Montreal. In other words, our **Emerald Year Celebration**, which will permeate activities over the entire year. For that we thank our founders for their foresight in establishing this Association. Like you, we have many hopes, dreams and aspirations for 2017. Chief among them is to continue to provide a place where everyone feels welcomed as is the Jamaican motto – “out of many, one people”.

At our Annual General Meeting held on December 10, 2016, the members of the Association voted to reinstate the sitting board.

Elected Board of Directors, 2017-2018

Name	Position	Main responsibility
Michael Smith	President	Leadership
Mark Henry	1 st Vice President	JABOP*, membership
Conroy Barnes	2 nd Vice President	Social committee
Aston Mendez	Treasurer	Finances
Sharon Nelson	Secretary	Documents, minutes
Nancy Davis	Director	Membership committee
Collin Page	Director	Social committee
Alexander Townsend	Director	Social committee
Clyde Williams	Director	Social committee

*JABOP = Jamaica Association Business Owners and Professionals committee

On January 23, 2017, this board celebrated our one year anniversary. I take this opportunity to thank the board members for their time and dedication to the Association and look forward to working with them once more to create a year of events to remember!

In this Winter issue, you will find news on upcoming events, health, and culture, as well as an overview of the services offered at the Association. As always, we enjoy hearing from you and welcome all feedback positive and/or constructive.

Yours sincerely,
Michael M. Smith, President

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, 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 its operations so as to ensure the development of the community through economical, educational, cultural and social activities.



Jamaica Coat of Arms
Created in 1661 by William Sancroft,
Archbishop of Canterbury

Get to know: Beeston Spring (Click [here](#))

**Upcoming events:
February 2017**

Friday, February 10

Black History Month Special -
Mark Henry and the Blessed
Band & DJ – FREE
(donations accepted)

Saturday, February 11

Member’s meeting, 7 pm
Mental Health Information

Thursday, February 23

Karaoke Night starting at 9 pm -
FREE

Friday, February 24

1st Year Presidential
Appreciation Soirée, 8 pm - \$10

Friday Night Socials - Dominoes
and Bingo on demand. Fried fish
and bread and guest dj’s
Happening every Friday night
starting at 7 pm.

**Upcoming events:
March 2017**

Saturday, March 11

- 1) Members meeting – 7 pm
(Tax Planning)
- 2) Douglas’ Birthday Party
10pm

Saturday, March 18

Private Party

Thursday, March 30

Movie and Karaoke Night
starting at 7 pm – FREE

Friday Night Socials -
Dominoes and Bingo on
demand. Fried fish and bread,
guest DJs
Happening every Friday night
starting at 7 pm.

April 2017

Saturday, April 8

Uptown Reggae Night - \$10,
starting at 10 pm

Save the Dates:

Saturday, April 15

Easter Party

Sunday, May 14

Mother’s Day Brunch

Saturday, June 17

Private Party

Sunday, June 18

Father’s Day Brunch

Saturday, July 1

Canada Day Parade

Saturday, July 8

Jamaica Day

Date to be confirmed

Mark Henry and the Blessed
CD launch

More events and member
meetings to be announced shortly!
Stay tuned.

Health Corner: Health, Wellness and Exercise

As stated in the Fall 2016 newsletter, we have taken a focus on health and wellness and are modelling 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 focus on hypertension, diabetes, heart conditions 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. We felt it important to repeat this as we want to empower each member to remain mindful of every aspect their health.

About hypertension:

Definition - abnormally high blood pressure, a state of great psychological stress ([Hypertension](http://guidelines.hypertension.ca/) : <http://guidelines.hypertension.ca/>)

About diabetes:

Definition - *Diabetes* mellitus (DM), commonly referred to as *diabetes*, is a group of metabolic diseases in which there are high blood sugar levels over a prolonged period. ([Diabetes](http://www.diabetes.ca/about-diabetes/signs-and-symptoms) : <http://www.diabetes.ca/about-diabetes/signs-and-symptoms>)

About cancer:

Definition - Group of diseases involving abnormal cell growth with the potential to invade or spread to other parts of the body.

([Cancer](http://www.cancer.ca/en/?region=qc) : <http://www.cancer.ca/en/?region=qc>)

Some Benefits of
Exercise:

Boosts Your Mood

**Improves
Cardiovascular Health**

**Prevents Chronic
Health Conditions**

**Promotes Healthy
Weight**

**Increases Strength
and Endurance**

Source: Livestrong.com

Programs & Services at the Jamaica Association!

Our Programs

Adult Basic Education (ABE) Program

Au Futur (Young Mothers)

Footsteps Program

Our Services

Opening Hours

Office:

Mon. to Fri., 11 am - 7 pm

Tax Preparation

Jamaican Passports

Canadian Passports

Permanent Resident Card

Commissioner of Oaths

Food Bank
(Tuesdays noon – 2 pm)

Community Service Program

Space rental for your events:
birthdays, private parties,
baby showers, band
rehearsals and much more.

Restaurant & Bar – Jerk Pit
(open Thursdays to
Saturdays, 7 pm to until)

A place to gather and enjoy
each other's company

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 are offered at 6767 Cotes-des-Neiges, 5th floor. Contact: Douglas Bartley, Program Coordinator, 514-737-8229 ext. 223

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 (H4P 1W6) Cell: **438-499-8229**

Footsteps Program

A program run on Saturdays from 1 pm to 5 pm for toddlers and children aged 0 to 9 yrs. Includes reading, and reading activities, arts and crafts. Healthy snacks are provided, and there are volunteer educators on site to assist. Contact **Sue Hamilton** for more information.



Food Bank in collaboration with

Our Food Bank is open every Tuesday until June 2017 from noon to 2 pm. 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

Tax Preparation We offer tax preparation services for participants registered in the **Young Mothers and Footsteps programs**. Please call **514-737-8229** for more information on this FREE service.

In the news ... books published by folks we know:

E. L. Kelly – Author and poet List of books:

- 1) My Space, Your Space and the Public Space
- 2) [Some sh...y vacation](#)
- 3) ["76" Clancy's Journey](#)

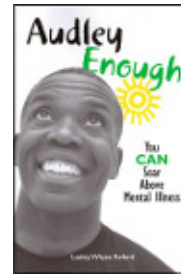
Site: <https://www.amazon.com/-/e/B01G7NYWL6>



Audley Coley, dancer

Book: 1) [Audley Enough](#)

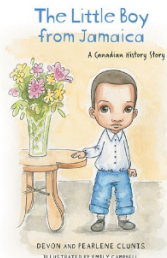
Site: <http://www.audley-coley.com/>



Devon Clunis, former Police Chief of Winnipeg Police Service & Pearlene Clunis, spouse

Book: 1) [The Little Boy from Jamaica](#)

Site: <http://www.friesenpress.com/bookstore/title/119734000037359003/Devon-Clunis-The-Little-Boy-From-Jamaica>



Jamaica National has a virtual office in Montreal every second Monday. Contact them for exact dates and times: 1-800-328-0387

Did you know... that there is an [Emerald Island](#) in Jamaica? Yes, there actually is!! In honour of our Emerald Year Celebration we found it appropriate to highlight it! This island is located near to Lilyroot Cay, Simonds Point and Old Pera in [St. Thomas](#).



We welcome your feedback

Take a few moments to let us know your thoughts on the events and suggestions for others.

Thank you!

Website: <http://www.jam-montreal.com>

Facebook: [facebook.com/jammontreal/](https://www.facebook.com/jammontreal/)

Twitter: @jammontreal

Phone: 514-737-8229

Email: info@jammontreal.com

Address: 4065 Jean Talon, 2nd floor, Montreal, Quebec, H4P 1W6