

## 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. 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.

# Theme for 2023: PROSPERITY



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 started or, at the very least, starting your plans to take some well-deserved vacation with your friends and family. My mother often encouraged everyone around her, about life's journey and how rest was an important component. With respect to this, I have requested each member of the board to take vacations in the summer to rejuvenate their bodies, minds and souls.

With that being said, we are excited about our upcoming cultural celebration entitled "Jamaica Day" which is one of our signature

events of the year. Jamaica Day is an important celebration that positively highlights Jamaican food, music, culture among other aspects. This event will be held on **Saturday, July 22<sup>nd</sup>, 2023** starting at **12 pm at Martin Luther King Park in Cote des Neiges**. We hope that you will be able to find some time to join us celebrate this important occasion with us.

On behalf of our Board of directors, we wish you the best for the summer 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.

*Matthew 11:28-30*

*Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.*

### FOCUS: HEALTH AND WELLNESS

As the saying goes, **Health is Wealth**. In our very busy lives, sometimes health and healthy practices, take a back seat. But you know what, they should be front and centre in our lives. Taking care of ourselves each day is the best way to guarantee healthy outcomes.

The focus of this piece is to help us rethink how we take care of ourselves. So, let's start by identifying some indicators that promote good health, some will say (see linked articles):

- 1) [getting rest](#)
- 2) [sleeping well,](#)
- 3) [regular exercise](#)
- 4) [eating good foods meant for promoting energy and well-being](#)
- 5) [being in positive situations and relationships.](#)

are among those important facets.

In some ways, we can compare the Russian writer Leo Tolstoy's (1828-1910) short story "[How much land does a man need](#)" to taking care of ourselves each day. It illustrates that nothing should take precedence over the fact that we are living !

### 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>

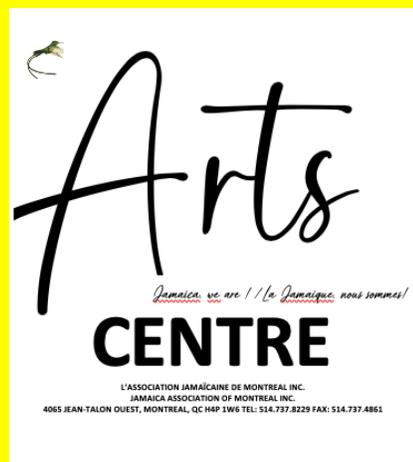
**Instagram:** @jamaicaassociationmontreal \* **YouTube:** Jamaica Association of Montreal

## FEATURE: THE JAMAICA ASSOCIATION ARTS CENTRE

The Jamaica Association Arts Centre will be a creative space for veteran and up and coming, Anglophone, Francophone and Allophone, Black artists to create in and to showcase their works. It will be a space for creation, learning, exchange and exhibition for, by and about Black people. The project will be a space for community members to come together to talk about art and to engage in creation. Black Montreal artists and research have indicated that there are no existing spaces dedicated Black artists in the City.

There is much interest in Black art by members of the Black community as well as outside of the Black community, as is shown with the exhibitions held at the Montreal Museum of Fine Arts. Black artists such as Basquiat is a very successful feature that draws so many to view his works and experience his creations. Previously, other Black artists were featured at the Museum with the same accolades. In fact, there are few spaces in the City that showcase and can promote Black Art and artists such as the standing collection of African art the Museum of Fine Arts.

*We are pleased to announce the involvement of **Pat Dillon-Moore** and photographer **Andrew Jackson** as leads for this project.*



Preliminary logo



Art by Garfield Morgan

## JAMAICA DAY – SATURDAY, JULY 22, 2023 – MARTIN LUTHER KING PARK (Kent Park)



New Jamaica Day Logo

Concept and Artwork: **Diane Boyd**, Graphic: **Clyde Williams**

We are poised to celebrate the **40<sup>th</sup> edition of Jamaica Day in Montreal on Saturday, July 22, 2023.**

We are so very excited to continue to showcase Jamaican culture through arts, crafts, music, food and language.

All are invited to join us on Saturday, July 22, 2023 at Martin Luther King Park in Cote des Neiges for what is promised to be a spectacular event.

There will be dignitaries, food, Jamaican merchandise and good friends with us on that day. Looking forward to seeing you !!

Artists include **Tuggras, Zina, Jah Cutta, Mello G**, among others, and featuring our headliner, internationally known reggae artist **Mr. Horace Martin**. All will be backed by the **Uprising Band**

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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

**Father's Day – Sun., June 18 & St. Jean BBQ – Sat., June 24 photos**  
Thanks to the Social Committee that hosted these annual events!



## HEALTH AND SAFETY COMMITTEE FEATURE

The Health & Safety Committee is an important entity created primarily to address optimal and holistic safety needs.

The committee was recently formed by the President to address a few glaring needs that compromised the safety of patrons. Althea Robinson was appointed chair alongside Sophia Heath as Co- Chair.

A CPR and Yoga workshop was held recently along with a fundraiser to purchase a defibrillator and medical equipment. Our community safety is one of utmost priority. Have a healthy and safe summer!

For more information, contact **Althea Robinson** at [jamhealthdirector@gmail.com](mailto:jamhealthdirector@gmail.com)  
(written by Althea Robinson & Sophia Heath)



## Pay your Membership Dues

Last day for payment of dues for the 2022-23 year is **September 30, 2023**.

Qualified candidates will be eligible to be nominated to the board and all candidates will be able to vote at the AGM on **December 9<sup>th</sup>, 2023**.

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 !

## CONTACTS on COMMITTEES

- 1 **Ad Hoc Committee:** Members, as needed to help with events
- 2 **Building Fund Committee:** Mark Henry, Gloria Diggs, Claudette Scott, Melrose Christopher
- 3 **Events Committee:** Linkcon Demetrius, Diane Boyd, Roger Hylton, Molly Young
- 4 **Finance Committee:** Mark Henry, Ingrid Barrett, Sharon Nelson, Keisha Wilson
- 5 **Health and Safety:** Althea Robinson (Chair), Sophia Heath, Rosemarie Lewis
- 6 **Human Resources:** Omar Ramus, ([jamhumanresources1962@gmail.com](mailto:jamhumanresources1962@gmail.com)), Althea Robinson
- 7 **Jamaica Association Business Owners & Professionals (JABOP):** Sharon Nelson, Chair
- 8 **Membership Committee:** Sharon Nelson, Sophia Heath (co- Chair), Rosemarie Lewis, Marlene Roper & Keisha Wilson
- 9 **Nominations & Elections Committee:** Molly Young, Chair
- 10 **Senior Committee:** Chris Thompson, ([jamsenior1962@gmail.com](mailto:jamsenior1962@gmail.com))
- 11 **Social Committee:** Alexander Townsend, Uton Lynch, Clyde Williams, DJs, Lisa Morris, Reta Campbell, Keisha Wilson, Conroy Barnes, Karima Raiss, Jody-Ann Allen
- 12 **Women's Auxiliary (WA):** Sharon Nelson, Chair & 20 women in the Association
- 13 **Youth Committee:** Shari Waldrich ([jamyouthrep@gmail.com](mailto:jamyouthrep@gmail.com)), Jade Parkinson-Gayle

## FINANCIAL WEDNESDAYS

Every Wednesday at the Association, 4-7pm

## DONATE

[Building Fund](#)  
OR  
[Food Bank](#)



[Check out our videos !](#)

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## 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 Cell: **438-499-8229**
- 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, Minibiblioplus (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 (10 am to 5 pm) & Fridays (2 pm to 5 pm)**. Cost: **\$5.00** per person, standard fee.  
**In September 2023, there will be a launch of a program for members of the Association who are diabetic. More information to follow shortly.**
- 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  
or visit: [jam-montreal.com](http://jam-montreal.com)

## STAFF & VOLUNTEERS

	
<b>Diane Boyd</b> , Executive Assistant to the President / Managing Director	<b>Kim Payton</b> , Coordinator , Programs and Services
<b>Diane Boyd</b> is now working in this role in the interim Coordinator, Au Futur <i>Ianna Miller has left the organization after a short stint. We wish her all the best.</i>	<b>Coordinator, Footsteps</b> <b>WE ARE STILL HIRING</b> Send resume to <a href="mailto:jamhumanresources1962@gmail.com">jamhumanresources1962@gmail.com</a>
<b>Food Bank:</b> Hazel Williams, Kenneth Warren, Shilove Lauwers, <b>Volunteers:</b> Agnes Faustin, Christopher Thompson Yvette Bailey, Del Smith, Melba Lawrence	<b>Bar staff:</b> Reta Campbell, Lisa Morris, Karima Raiss

## ONGOING EVENTS

- Collective Kitchen** every 2<sup>nd</sup> Monday
- Financial Wednesdays with Mark Henry & Team**, 4 pm to 7 pm, 514-238-2659
- Food Bank** Thurs. (10 am – 5 pm) & Fri. (2 pm to 5 pm ), \$5.00
- Wellness Thursdays with Audley Coley** Thursdays at the Association or call Audley Coley at 514-451-9077
- Overproof Fridays** every Friday night
- Versatile Saturdays** most Saturdays, when there is no special event or hall rental – check our [website](#)

## EVENTS: JULY, AUGUST & SEPTEMBER

- Association Closed for Preparation** Friday, July 21
- Jamaica Day** Saturday, July 22
- Emancipation (Coalition)** Sunday, July 30, 4 pm  
*Emancipation 1834 & Cricket*
- Independence Celebration** Sunday, August 6
- International Youth Day Event** Saturday, August 12
- Bus trip to Ottawa for JAMDAY** Saturday, August 12
- Nuestra America Parade** Saturday, August 12
- Games Night** Fridays, July, 28, Aug. 18 & Sept. 15
- Voices of Youth Conference** Saturday, August 26  
*(In collaboration with CRARR)*
- Bamboo Lounge** Saturday, September 2
- Members' Meeting** Saturday, September 9
- Regional Diaspora Conference** Saturday, September 23
- Membership dues date** 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.

Sharon Nelson, Editor, next issue October 2023

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