



IN THIS ISSUE

- 1 President's Message
- 1 About Us
- Feature Pages:**
- 2 **AGM 2023 & Elections**
- HC Marsha Coore-Lobban**
- 3 **NEW JAM Logo !**
- 3 Heroes & Heroine Banquet
- 3 **JAM Arts Centre**
- 3 Health and Wellness:
Mental Wellness &
the Holidays
- 4 Programs & Services
- 4 Events (Oct. – Dec.)

Website:

<https://jam-montreal.com>

MEMBERSHIP

1 Privileges

- a. Preferred pricing on certain events
- b. Membership card
- c. Voting rights at the AGM
- d. Contributing to the growth of the Association

2 Responsibilities

- a. Sign the registry at all member's meetings
- b. Update your contact information
- c. pay your dues for the 2024 year (Oct. 1, 2023 – Sept. 30, 2024)
- d. Respect the rules of membership

3 Dues & payment schedule

- a. Family (2 adults & 2 children below 17 years) \$50
- b. Adult (18 – 59 years) \$30
- c. Students (12 – 17 years) \$10
- d. Older Adults (60+ yrs) \$10

4 Benefits (show your card)

- a. ½ hour free consult with a designated notary (Kane&Fetterly)
- b. 15% discount on flowers (Kane&Fetterly)
- c. Discount on funeral costs at **Kane & Fetterly**. Ensure to inform the staff at Kane & Fetterly at your membership to the Association and show your membership card
- d. More access to **JN Bank, JN Money & Real Estate by Karen Ottaf-Costabile** - New Corporate Partners

ABOUT US

The Jamaica Association of Montreal 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. Representatives have accompanied delegations and presented briefs to all levels of government. Given our commitment to community development, our Mission Statement is 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.

PRESIDENT'S MESSAGE



Mark Henry, President
Jamaica Association of Montreal

Members and Friends of the Jamaica Association,

Once again, this past summer was incredible as it was filled with exciting and successful events, such as Games Nights, St. Jean Baptiste BBQ, the Canada Day Parade, the Friendship Parade, Jamaica Day, and Emancipation, done in collaboration with the Caribbean Coalition Network of Montreal. These festive events were meant to uplift and unite our community through culture, food, music, good times with friends and celebrations as well as to speak on our history and legacies.

On September 23, 2023, we were pleased to play an integral role in the Regional Diaspora Conference where Montreal was a virtual satellite location similar to Vancouver, and Calgary. The in-person sessions took place in Toronto. Two days later, we were pleased to welcome to the Association the **Honourable Minister**

Alando Terrelonge, Minister of Foreign Trade and Foreign Affairs. We were equally pleased to meet in person our new **High Commissioner Her Excellency Marsha Coore-Lobban**. A few weeks later in October, we hosted our annual Heroes and Heroine Banquet at the Association where we greeted guests, honorees **Herby Whyne** and **Glen Spence** along with our guest speaker **Bishop Ransford Jones**.

We are now focused on getting through the final weeks of the last quarter of our fiscal year and look forward to a well-deserved break with the Christmas holidays fast approaching. We are also looking forward to our Annual General Meeting (AGM) and elections for the office of **President (Position #1)**, **2nd Vice President (Position #3)**, **Secretary (Position #5)** and all **4 Directors**. At the special bylaw meeting held after our Nov. 12 Members' Meeting, the membership voted unanimously to change the term of Directors from 1 year to 2-year terms effective at the Elections in 2023.

I would like to thank you, our members, board, staff and volunteers all very much for your unwavering support of our organization as well as the who are working to continue to build a strong, and vibrant organization. On behalf our board of Directors, I wish you and your family the very best of the holidays and a happy Christmas to those who celebrate it.

God bless.

Mark Henry, President

"It's easier to take than to give. It's nobler to give than to take. The thrill of taking lasts a day. The thrill of giving lasts a lifetime." — Joan Marques

CONTACT INFORMATION

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

Email: info@jam-montreal.com * **Website:** <http://jam-montreal.com> * **Facebook:** <http://facebook.com/jamaicaassociationmontreal>

Instagram: @jamaicaassociationmontreal * **Youtube:** Jamaica Association of Montreal

FEATURE: ANNUAL GENERAL MEETING – DECEMBER 9, 2023

The 2023 Annual General Meeting (AGM) will be held in a hybrid format on Saturday December, 9th, 2023 starting at 7 pm. This will be an opportunity to share the outcomes of the year as well as the audited financial report that have been prepared by our Auditor, George Lawand, as approved by our Membership at the AGM in December 2022.

The AGM is a time to give an overview of the year and our performance. It is also a time when certain matters will be decided by the membership for our bylaws. We have adapted to hosting the AGM in a hybrid format so that a greater portion of our membership can attend. Thus, we will be in person at the Association and online on our regular meeting code.

Elections for board positions #1, #3, #5 and for Directors will also be held. **Molly Young, Chair**, Elections and Nomination Committee, will be responsible for all aspects of the nomination of candidates and for the elections.

As with our AGM, the elections will be held in a hybrid format. A notice of elections, the process and the roles being voted on has been sent to the



2023 ELECTIONS PROCESS

We have been using **Election Buddy** to conduct our elections of officers, while still using **paper ballots** as we find this a winning format. Election Buddy has proven to be a qualified system for our elections for it is quick, reliable, and easy to use. Some say, "It provides the most secure, effective and flexible way for organizations to virtually conduct votes and elections with complete confidence and transparency."

All **172 Active & Life Members** will receive a letter or email with their unique access. More information to follow from **Molly Young**, Chair of the Elections and Nominations Committee.

In this election year, the Chair of the Elections and Nomination Committee will continue to have:

1 – early voting;

2 – meet the candidates and a training on Election Buddy for all eligible participants; (information to be sent by e-mail)

and

3 – delivery and pick up of ballots for those in need of this service.

We have noted that mail service can be slow and not reliable.

NEW LOGO



We are very excited to present the **NEW LOGO** of the **Jamaica Association**. A big thank you to **Clyde Williams**, with contributions from **Diane Boyd & Lloyd Shaw**.

HIGH COMMISSIONER: HER EXCELLENCY MARSHA COORE-LOBBAN



Her Excellency Marsha Coore-Lobban

Our new High Commissioner was announced in August 2023. By mid-September, Her Excellency was in full swing with participating in meetings for the **Regional Diaspora Conference** that was scheduled for Saturday, September 23. The proceedings unfolded in person in Toronto with virtual satellite locations in Montreal, Calgary and Vancouver.

Two days later, on Monday, September 25, Her Excellency travelled to Montreal with the

Honourable Minister Alando Terrelonge, Minister of Foreign Affairs and Trade and Diaspora Affairs for a Town Hall meeting. Approximately 3 weeks later, Her Excellency was back in Montreal for our Heroes Banquet on October 14. Additionally, Her Excellency is in communication with our President regarding government matters.

High Commissioner Coore-Lobban's biography: <https://missions.mfaff.gov.im/jhcottawa/about-us-2/>



Monday, September 25, 2023



Saturday, October 14, 2023

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FEATURE: NEW & EXISTING CORPORATE MEMBERS

On Saturday, October 14, we were proud to announce the partnership of 3 new corporate members: **JN Bank**, **JN Money** and **Real Estate by Karen Ottar**. They join our longstanding member **Kane & Fetterly**

With JN Bank, members of the Association and community are able to bank virtually and directly with JN representatives in the Jamaica Association offices. We will also offer services for money transfer through JN Money. Individuals interested in real estate in Jamaica

can also benefit from the services of Karen Ottar-Costabile who is a Realtor / Broker with many years of experiences and contacts. We continue our strong partnership with Kane and Fetterly which offers funeral services for the community.



Contact: Paulette Sterling
[\(416\) 784-9657](tel:(416)784-9657)



Contact: Claude Thompson
[\(416\) 784-2075](tel:(416)784-2075) ext. 5652



Contact: Mary Pallett
[\(514\) 481-5301](tel:(514)481-5301)

HEROES & HEROINE BANQUET – OCT. 14, 2023

A **Big Thank You** to our High Commissioner Marsha Coore-Lobban, honorees, invited guest speaker, attendees, volunteers, supporters, and the Team for making this event a reality.



Paulette Sterling & Mark Henry



Claude Thompson & Mark Henry



Karen Ottar-Costabile,
Realtor / Broker



Ian Daley & Herby Whyhne,
Honoree



StarCan Cultural Association Team



A view of the room

Photo credits: Kris Bennett & Nicolas Henry

JAM ARTS CENTRE Thursday, December 14, 2023

JAM's Art Centre was created with the idea to showcase works, topics and to have a space for Black artists to exchange in.

To date, we have had 3 events which included the soft launch at Jamaica Day on July 22, 2023, a cocktail opening on and launch at the Association on September 28, 2023 which showcased artist Anthony McLennon and lastly an event entitled "Publishing in a Digital World" where participants showed great interest in publishing their written works.

Stay tuned for the 4th event on **Thursday, December 14th**, where the focus will be on visual arts and paintings by **Ranee Lee**, renown jazz singer. The event will be at **Union United Church**, 3007 Delisle Street. Tickets on Eventbrite, \$10

The Arts Centre is made possible by the generous grant by Groupe 3737.

THANK YOU !!



HEALTH & WELLNESS OVER THE HOLIDAYS

We are committed to the health and wellness and have partnered with several organizations to help us speak and act on these important matters. In this issue we continue to focus on **MENTAL HEALTH**.

Tips to prevent holiday stress and depression

1. **Acknowledge your feelings;**
2. **Reach out;**
3. **Be realistic;**
4. **Set aside differences;**
5. **Stick to a budget;**
6. **Plan ahead;**
7. **Learn to say no;**
8. **Don't abandon healthy habits;**
9. **Take a breather;**
10. **Seek professional help if you need it.**



Read more of the article from the **Mayo Clinic**:
<https://www.mayoclinic.org/healthy-lifestyle/stress-management/in-depth/stress/art-20047544>

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OUR 6 PROGRAMS

- Au Futur Program (Young Mothers) – In collaboration with Maison D’Haïti since 1993 and Federally Funded by Health Canada.** For single Black women between the ages of **15 to 25 years old**. We also focus on helping young Black women up to the age of 35 years old with one or more children. Click [here](#) for more information on this confidential service. Services also offered online due to COVID-19 pandemic and gradually in person. *Cost: **FREE**. Contact: **Diane Boyd**, Contact (Cell) **438-499-8229**, jammanagingdirector@jam-montreal.com
- Footsteps Program**
A [program](#) run on Saturdays, from 1 pm to 3 pm for toddlers and children aged 0 to 12 yrs old. The program is **online** and includes reading activities, arts and crafts. Qualified educators deliver this program and have a wonderful time with the children. We have added outings to during the year. We have also expanded the hours and returning to in person activities with the **Collective Kitchen** every 2nd Monday. Contact **Markayla Johnson Black**, jamfootstepsprogram@gmail.com * **514-737-8229**
- 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 for each: **\$15.00**. Go online to view course descriptions and schedule. **All ABE courses are offered online**. Contact **Kim Payton**, Coordinator of Programs and Services at jamprogramservices@jam-montreal.com or by phone at **514-737-8229** to register for classes
- Brilliant Minds Tutoring & Vocational Training.** In collaboration with Frontier College (newly renamed: **United for Literacy**), we offer tutoring for elementary, high school and adult learners. This service provides help with schoolwork and career planning. Online sessions and some in person. Contact **Kim Payton**
- Food Bank** in collaboration with Moisson Montréal. The Food Bank is open **Thurs.(10 am to 5 pm) & Fri. (2 pm to 5 pm). January to December**, holiday notices posted as necessary. Registration: Mandatory. Standard fee: **\$5 per family**. Call or email the Association for more information Registration and collection at the Association. **Note: New arrivals to Canada and new clients are asked to call one day in advance. 514-737-8229**
- Tax Preparation Clinic**
The Tax Clinic is held in collaboration with Canada Revenue Agency and Revenu Québec with qualified tax preparers. **Open in Winter & Spring 2024**. More information to follow. Contact: jamgovernmentsservices@gmail.com

BOARD, AUXILIARY BOARD AND STAFF, 2022-2023

BOARD: Mark Henry, President, Sharon Nelson, 1st VP, Alex Townsend, 2nd VP, Keisha Wilson, Treasurer, Ingrid Barrett, Secretary
Ufon Lynch, Director, **Clyde Williams**, Entertainment, **Roger Moore**, Security, **Althea Robinson**, Health and Safety
AUXILIARY BOARD: Conroy Barnes, Games & Tournaments, Peter Barrett, Advisor, Diane Boyd, Space Rental, Linkcon Demetrius Events and Promotion, Sophia Heath, Events Banquets, Molly Young, Banquet
OFFICE STAFF: Diane Boyd, EA to the President, Kim Payton, Coordinator, Programs and Services

ONGOING EVENTS

- Overproof Fridays** – 9 pm – 3 am starting on Friday nights
- Versatile Saturdays** - 9 pm – 3 am starting on Saturday nights
- First Fridays** – JAM Social Committee *in collaboration with Alliance 24/7*

PAST EVENTS

- Heroes & Heroine Banquet** Sat., Oct. 14, 6 pm
Jamaica Association, \$90 for members & \$100 for non-Members. Guest of Honour: Bishop Ransford Jones
- Games Night** Fri., Oct. 13, Nov. 17, 8 pm
- Member's Meeting** Sun., Nov. 12, 7 pm
In person at the Association and online
- Special by-law meeting** Tues., November 14, 7 pm
- Dutch Pot Brunch** Sun., Nov. 19, 11 am – 3 pm

UPCOMING EVENTS

- AGM & Elections** Sat., Dec.9, 7 pm
Member appreciation event after AGM
More information to follow..
- Arts Centre** event with **Ranee Lee** Thurs. Dec. 14, 6 pm (Union United Church)
- Staff and Board Appreciation event** Sun., Dec. 17, 3 pm to 8 pm
- Last day of Food Bank for 2022:** Thursday, Dec. 21, 10 am – 5 pm. Reopens Thursday, January 12, 2024
- Christmas Closing Dates (Administrative Office):** Dec. 25, 2023 to Jan. 5, 2024
- Cool Runnings Restaurant Close Dates:** Dec. 26, 2023. Reopens **Tuesday, January 2, 2024**
- See our website for more events**

OUR 6 SERVICES

Office Hours: Mon – Fri.: 10 am to 6 pm * (514) 737-8229
VISIT OUR WEBSITE & SOCIAL MEDIA SITES FOR UPDATES.

- 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 adults and youths needing to complete mandated community hours.
- Licensed Restaurant – Cool Runnings Restaurant**
Hours: *Chef Winston Richards (Pick):*
Tues. & Sat. 12 pm – 6 pm
Wed. 12 pm – 7 pm,
Thur. & Fri. 12 pm – 9 pm,
 Order on **Doordash** and / or on **UberEats !**



Chef Ian Nelson (Warrior):

Friday night 10 pm – 3 am,
Saturday night 10 pm – 3 am,

(Time can potentially change on Saturdays due to special events),

- Fully Licensed Bar - Negril Bar** – Open Fridays and Saturdays as of 8 pm.

OVERPROOF FRIDAYS AND VERSATILE SATURDAYS	
Fridays	9 pm to 3 am: Last call 2:30am, Bar closes at 2:50 am
Saturdays	9 pm to 3 am: Last call 2:30 am, Bar closes at 2:50 am

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

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