



OCTOBER – DECEMBER 2024 * VOLUME 34

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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 2025 year (Oct. 1, 2024 – Sept. 30, 2025)
 - 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 of your membership to the Association and show your membership card
 - d. More access to **JN Bank, JN Money & Real Estate by Karen Ottar-Costabile**
 - e. Special offer at **The Brick** for Jamaica Association Members.
 - f. Special offer at **Aloft Hotel** for Jamaica Association Members
 - g. Thank you to the management at Kane & Fetterly for your continued support

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,

Thank you all for an incredible year of community spirit, participation in our events and contributions, whether in words or in action to the Jamaica Association. Your efforts and commitment to the growth of organization does not go unnoticed.

This is a bitter sweet message as I prepare myself and the membership for my last year in office as President, but more on this later in the year; however, I would like to overview 2024 and our activities. We had a tremendous number of activities that included events at the Association and partnerships with groups such as Earth Love Soccer Fraternity, the Centre for Research Action on Race Relations, the Jewish General Hospital, McGill University, and the Caribbean Coalition Network of Montreal, an organization comprised of 7 Caribbean Islands, among others. We even started the Jamaica Association Arts Centre to promote Black artists and art. Further to this, we partnered with sister Jamaican Associations more readily by attending their events in Ottawa and in New Brunswick.

Our **High Commissioner Her Excellency Marsha Coore-Lobban**, continues to be a source of encouragement, support and presence for our Montreal Association. Respect to our **Honourary Consul Mr. George Grant** for his unwavering support. On a personal note, it was a true honour and highlight for me to receive the Governor General Achievement Award in Jamaica during the Diaspora Conference in June 2024.

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 1st Vice **President (Position #2)**, **Treasurer (Position #4)**, and **Directors in January 2025**. The AGM and elections had to be moved due to circumstances beyond our control the details of which were discussed at our last Members' Meeting in November 2024.

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 Christmas holidays and a Happy New Year.

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

MERRY CHRISTMAS AND HAPPY NEW YEAR TO ALL



Jamaica Association Phone Number – 514-737-8229 - Extensions: **105** – Marguerita Drayton, **104** – Althea Robinson, **106** – Cool Runnings, **107** – Food Bank, **110** – Main office, **101** – Mark Henry, **102** – Sharon Nelson, **103** – Ingrid Barrett, **108** – Keisha Wilson, **109** – Roger Hylton

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: INTRODUCING MARGUERITA DRAYTON, PROGRAM DIRECTOR

We are pleased to announce the addition of **Marguerita Drayton**, Program Director for the **Au Futur, Brilliant Minds** and **Footsteps Programs**. Ms. Drayton joins us after many years as an educator. She began her duties in September 2024 and has shown her interest in growing all programs under her purview: Au Futur Program, Footsteps Program and the Brilliant Minds Program. She has taken an active approach in going into the community to meet with leaders and representatives of organizations to make new connections and to maintain connections held for years.

We are committed to growing our programs; therefore, if you know of young Black women and their children who could benefit from these programs, please let them know of Ms. Drayton and our programs. We are thankful. Learn more about the programs through the ads below.

Email: jamprogramdirector@jam-montreal.com

Office phone : 514-737-8229 ext. 105



4065 Jean Talon W., Montreal, Quebec, H4P 1W6 * 514-737-8229

AU FUTUR PROGRAM

An empowerment and motivational program for young Black women who are single mothers (age 15 to 35) and their child(ren). Program in collaboration with Maison d'Haiti since 1993.

CALL US: 514-737-8229



4065 Jean Talon W., Montreal, Quebec, H4P 1W6 * 514-737-8229

FOOTSTEPS PROGRAM

An educational program for children primarily between the ages of 0 to 5 years and 6 to 12 years.

We hold **fun Saturday online sessions** from 1 pm to 3 pm (EST) and the **Collective Kitchen** at the Association every 2nd Monday from 5:30 pm to 7:30 pm, with Maison Mosaik, and Minibiblioplus (Fraser Hickson Library)

CALL US: 514-737-8229



2025 AGM & ELECTIONS PROCESS



AGM
Annual General Meeting



Our Annual General Meeting and Board elections will be held on Saturday, January 18, 2025 exceptionally for the 2023-24 year due to 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 **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; (date: TBA)

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.

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FEATURE: JABOP XMAS MARKET & CORPORATE MEMBERS

Consider buying your Xmas gifts or services from one or more of our professionals. From speciality items, baked goods, catering services, maintenance or cleaning services and more. They have it all !

Individuals interested in **real estate in Jamaica** can 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.



**Jamaica Association of Business
Owners & Professionals
DIRECTORY**

(<https://jam-montreal.com/jam-business-%26-profession-1>)



Contact: Claude Thompson
[\[416\] 784-2075](tel:4167842075) ext. 5652



HEROES & HEROINE BANQUET – OCT. 19, 2024

Thank You to our honorees, invited guest speaker, attendees, volunteers, supporters, and the Team for making this event a reality.



Mark Henry & Cynthia Waithe,
President, Barbados House



Pastor Andrew Henry, Elizabeth Newton, Mark Henry, **Michael Sutherland, PhD**, Honourary Consul George Grant, City Councillor Errol Johnson



Pastor Andrew Henry, **Michael Sutherland PhD**, Mark Henry, Evan Smith, Shevaughn Heywood



Heroes & Heroine Award presented to **Carillon Williams (Jah Cutta)** for his contributions to reggae music in Montreal.



Heroes & Heroine Award presented to **Juliet Nelson (Smurfette)** for her contributions to reggae music in Montreal.



Heroes & Heroine Award presented to **Roderick Thomas (Mello G)** for his contributions to reggae music in Montreal.

Photo credits: Kris Bennett



Thank You

to our members, corporate members, friends, clients, staff, volunteers, partners, and collaborators for making this year such an engaging, action-packed and enjoyable year.

MARK HENRY, PRESIDENT

Remembering Clarence Bayne, PhD

Rest in Power **Dr. Bayne**, you left us a big legacy – thank you for your strength, presence of mind and your outspoken character. You made a difference for us in Montreal and for many beyond these borders.



HEALTH & WELLNESS OVER THE HOLIDAYS

We are committed to your health and wellness. We have partnered with several organizations to help us speak about these important matters. In this issue we continue to focus on **WELLNESS, & MENTAL HEALTH DURING THE HOLIDAYS**

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 **HERE**:

(<https://www.webmd.com/depression/holiday-depression-stress>)

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OUR 6 PROGRAMS

- Au Futur Program (Young Mothers)** – In collaboration with **Maison D'Haiti 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 and in person. *Cost: **FREE**. Contact: **Marguerita Drayton**, Program Director, (Cell) **438-390-7763**, jamprogramdirector@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 **Marguerita Drayton**, jamprogramdirector@jam-montreal.com * **514-737-8229 ext. 105**
- 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 **Sharon Nelson** at sharon.nelson@jam-montreal.com or by phone at **438-507-9258** to register for classes
- Brilliant Minds Tutoring & Vocational Training**. In collaboration with **United for Literacy** (formerly Frontier College), 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 **Marguerita Drayton**
- 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: **\$7 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 ext. 107
- Tax Preparation Clinic**
The Tax Clinic is held in collaboration with Canada Revenue Agency and Revenu Québec with qualified tax preparers.

BOARD, AUXILIARY BOARD AND STAFF, 2024-2025

BOARD: Mark Henry, President, **Sharon Nelson**, 1st VP, **Alex Townsend**, 2nd VP, **Keisha Wilson**, Treasurer, **Ingrid Barrett**, Secretary
Uton Lynch, Director, **Clyde Williams**, Entertainment, **Roger Moore**, Security, **Althea Robinson**, Health and Safety
AUXILIARY BOARD: **Conroy Barnes**, Games & Tournaments, **Peter Barrett**, Advisor, **Linkcon Demetrius** Events and Promotion, **Sophia Heath**, Events Banquets, **Molly Young**, Delegate and Liaison Officer
OFFICE STAFF: **Marguerita Drayton**, Program Director, **Deneale Ryan-Stephens**, Administrative Assistant
ALL STAFF & VOLUNTEERS: RESTAURANT, FOOD BANK, BAR, DJs

THANKS TO ALL OUR STAFF & VOLUNTEERS FOR YOUR COMMITMENT !

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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
- Sunday Brunch** – 9:30 am – 2:30 pm
- Table Tennis Wednesdays** – 5 pm until...

PAST EVENTS

- Heroes & Heroine Banquet** Sat., Oct. 19, 6 pm
Jamaica Association, \$115 for members & \$125 for non-Members.
Guest of Honour: Michael Sutherland, PhD
- Games Night** Fri., Oct. 25, Nov. 15, Dec. 20 8 pm
- Member's Meeting** Sat., Nov. 23, 7 pm
In person at the Association and online

UPCOMING EVENTS

- Members' Meeting** Sat. Dec. 14, 7 pm
Member appreciation event after AGM
- Collective Kitchen** for families with child between 0 to 5 yrs Mon. Dec. 16, 5:30 pm
- Youth Basketball Xmas Event** Sun. Dec. 22, 12pm – 5 pm
(CDN Community Centre)
- Last day of Food Bank for 2022:** Friday, Dec. 20, 2 pm – 5 pm. Reopens **Thursday, January 9, 2025**
- Christmas Closing Dates (Administrative Office):** Dec. 23, 2024 to Jan. 1, 2025
- Cool Runnings Restaurant Close Dates:** Dec. 22 – Jan. 1, 2025.
Reopens **Thursday, January 2, 2025**
- AGM & Elections** Postponed to January 2025
More information to follow
- See our website for more events**

OUR 6 SERVICES

Office Hours: Mon – Fri.: 8 am to 4 pm
(514) 737-8229 ext. 110

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):**
Wed. & Fri. 12 pm – 7 pm,
Sat. 12 pm – 6 pm
Sun. (Brunch) 9:30 am – 2:30 pm
 Order on **Doordash** and / or on **UberEats** !

Chef Ian Nelson (Warrior):

Friday night 10 pm – 3 am,
Saturday night on occasion
 (Time can potentially change on Saturdays due to special events),

- Fully Licensed Bar - Negril Bar** – Fridays & Saturdays as of 9 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.

Editor: Sharon Nelson
sharon.nelson@jam-montreal.com