



Hairouna Times

A quarterly newsletter from the St. Vincent & the Grenadines Nationals Association of Washington, D.C.

Fall 2008

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Hairouna Times
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SVGNA and GCSA shared a day of games, food and fun at the annual picnic on August 24.



The President's Corner

Lennox Simon



This year Saint Vincent and the Grenadines Nationals Association of Washington, D.C., (SVGNA) celebrated its 20th anniversary as an organization. Founded in the summer of 1988 by patriotic Vincentians residing in the Washington, D.C. metropolitan area, SVGNA commenced its operation at the office of Dr. Richard John, one of its founding members. The aims and objectives of SVGNA are as follows:

- To promote the development of closer ties among Vincentians within the Washington, D.C., metropolitan area, and other geographic areas throughout the United States.
- To maintain a patriotic link with Saint Vincent and the Grenadines, and to provide assistance to institutions in Saint Vincent and the Grenadines in time of need; and
- To operate exclusively for charitable, educational, scientific, cultural and literary purposes, within the meaning of Section 501(c)(3) of the Internal Revenue Code of 1986.

During the past 20 years, the members of SVGNA have worked feverishly to recruit new members and to network with other Caribbean Organizations in

the Washington, D.C. metropolitan area. Some of SVGNA's accomplishments include:

1. The area of social welfare:

SVGNA was instrumental in securing and shipping many barrels containing clothing and toys to several institutions for needy children and adults in Saint Vincent and the Grenadines. Some of the institutions include: the School for Children with Special Needs; the Lewis Punnett Home for the Elderly; Can Save Children Program; and the Mental Hospital at Calliaqua.

2. The area of national disaster relief:

SVGNA was instrumental in raising and contributing \$2,500 to the victims of "Tropical Storm Lili." This storm battered Saint Vincent and the Grenadines with high winds and heavy waves and rains, destroying several homes, schools and our country's banana industry.

3. The area of education:

On September 6, 1990, SVGNA embarked on an educational initiative by adopting seven primary schools in Saint Vincent and the Grenadines to which we provide students with pens, pencils, rulers, exercise books, dictionaries, world maps, encyclopedias, computers, printers and video recorders on an annual basis. These educational institutions include: Evesham Methodist, Cane End Government, Sandy Bay Anglican, Layou Government, Barrouallie Anglican, Rose Hall Government, and the Mary Hutchinson Government on Union Island. Our annual budget for this educational initiative is now \$8,300. Additionally, SVGNA was instrumental in

providing \$2,500 to underwrite the cost for the training of sixteen teachers, representing seven primary schools, from the Saint Vincent and the Grenadines Teacher's College at a workshop on Information and Communication Technology. These teachers in turn provided computer training to the students at their respective schools.

4. The area of health care:

SVGNA was also instrumental in purchasing and donating a neonatal infant monitoring machine to the pediatrics ward of the Milton Cato Memorial Hospital, and providing financial assistance to the "Gavin Joseph Kidney Transplant Fund" to assist a fellow Vincentian in defraying the cost of a kidney transplant operation in New York City, and subsequent out-patient treatment. Additionally, some members of SVGNA participated in the Washington, D.C. "Light the Night Walk" This charitable walk was sponsored by the Leukemia and Lymphoma Society to raise awareness and funds for cures of leukemia, lymphoma and myeloma.

5. The area of social activities:

Each year SVGNA sponsors an annual bus ride to Atlantic City during the month of May; a moonlight cruise on the Potomac River during the month of July; a family picnic at Rock Creek Park during the month of August; a Children's Christmas Party during the month of December and a fundraising dance during the latter part of the month in December. Additionally, SVGNA participates in the Washington, D.C. area food bank and Project Harvest fundraising drive each year.

6. Communications with SVGNA:

SVGNA advertises

(from page 2)

its activities and keeps in touch with its members through the following media: a quarterly newsletter entitled "Hairouna Times," a website: www.SVGNAadc.com; by e-mail: SVGNAadc@aol.com; and by regular mail at: Post Office Box # 2250, Washington, D.C., 20013-2250.

Some of SVGNA's past presidents who have contributed significantly to the growth and maturity of the association include: Dr. Stanley Anderson, Lennox J. Simon, Leonard Crichton, A. Bert Davy and Jasmine Andrews. SVGNA's current executive board consists of: Lennox J. Simon, President; A. Bert Davy, Vice President; Eppie Marecheau, General Secretary; Bonnie Andrews, Treasurer; Brenda Simms, Recording Secretary; John Anderson, Public Relations Officer; Omegah Fair, At-Large-Member; and Jasmine Andrews, At-Large-Member.

Despite our record of accomplishments, SVGNA continues to strive towards developing innovative ideas and efforts so that we can offer even more assistance to our needy brothers and sisters in Saint Vincent and the Grenadines. SVGNA is very appreciative of the support and contributions we have received from the Vincentian community over the past 20 years, and hope that the community will continue to work with SVGNA to improve the quality of life of Vincentians at home. Therefore, I encourage all Vincentians residing in the Washington, D.C. metropolitan area to join SVGNA and become active members so that together we can accomplish all our goals through our united efforts.

A Star Shines on the Court



2005 photo

Have you caught Sophia Young's moves in the WNBA? Our 2005 Independence dinner/dance honoree is now a forward for the San Antonio Silver Stars.

San Antonio coach Dan Hughes applauded Ms. Young after a September win against the Connecticut Sun, in which she had 24 points and 7 rebounds. He said admiringly in a video interview on WNBA.com, "[She] played the game not feeling well. But she just has the ability to compete at that great level. I mean, down the stretch, that will just shine through in a huge way."

Ms. Young, Stars' number 33, has been in the WNBA for two years and is a two-time All Star.



Stay connected!

Visit www.SVGNAadc.com for event and meeting updates, photos and contact information.

We asked Vincentians ...

What do you think about the possibility of the U.S. having its first African-American president (Barack Obama)?



"Oh, he's going to be president, definitely. It will be a positive thing for the country, finally."

-- Jennifer Beckles



"I think it's a long way from where we came from. He makes a way for other young people who follow behind him."

-- Hazelann Bailey



"We've been underrepresented for a long time. He's a guy who will represent the masses...and the one to make things better."

-- Kelvin George



Cameras Capture Bride's Return to SVG

When we reported last year that an episode of the reality television show "Married Away" was featuring a wedding in SVG, we simply knew a couple was getting married in the Grenadines. The show aired, and the bride was revealed to be none other than a native Vincentian.

Synda John and Alex Mark were married on August 8, 2007. Their picturesque wedding took place at Raffles Canouan, a resort that boasts villas, a casino, golf and spa. The day and the preparations were captured by the Style Network for its destination wedding series.

The youngest of four, Ms. John is the daughter of Norris and Kay John, of Mespo and Bel Air, respectively. She moved to the States at two, and years later met her future fiancé, Alejandro, in high school.

Now 27, Ms. John graduated from Virginia Commonwealth University. In 2006, when the couple decided to marry, they

set their date and the bride-to-be began planning the nuptials. "I watched every [wedding] show possible," she says. One day in November, she came across a casting call for "Married Away" and sent an e-mail

message to the network, actually thinking nothing would come of it.

The couple knew they wanted a destination wedding, because both like to travel. They were open to any location, but while vacationing in 2006, Ms. John took a side trip to Canouan, where she "pretty much just fell in love with the place." They also wanted their 40 guests to be able to enjoy a vacation while attending their wedding away from home, and after meeting with Raffles staff, it seemed like the ideal solution.

And as the date neared, two months before their wedding, television producers suddenly called to ask if they were still being on the show. After a phone interview, the two were selected and invited to choose from a group of planners. Linnyette Richardson-

Hall of Baltimore was their choice.

A week before the pair was to leave for the August wedding, two producers and a cameraman arrived. The crew filmed for two days, from sun-up to sun-down, following the couple inside and outside their home. Filming continued in St. Vincent and the Grenadines; the show profiled Ms. John's family on the mainland and a behind-the-scenes look at the arrangements leading up to her big day.

After a honeymoon in the Dominican Republic, the newlyweds returned to Washington, D.C., where Ms. John is attending law school at Howard University. She says, "I just started. I love it, but it is very challenging."

She and her guests look forward to returning to SVG. In fact, she says, "My husband actually wants to retire there."



New Walker Center

The John T. Walker Center at Holy Comforter Church is a project whose goal is to support the surrounding community and others who might affiliate with the Center - wherever they may live - strengthen themselves academically, economically, spiritually and socially. Programs will be offered to meet identified needs in upper Ward 4 of Washington, D.C.

Approximately 7720 square feet of space on two levels will be built and part of the existing structure of Holy Comforter Church will be renovated to house the Walker Center. The Center will consist of multi-



Artist's rendition

purpose rooms, classrooms, conference space, a library and a resource center.

The Walker Center will serve as a focal point for other churches and for community groups to participate in meeting the needs in this area.

-- from Holy Comforter's Web site

St. Vincent and the Grenadines Nationals Association is grateful to Holy Comforter Church for the support it has provided over the years.

The Association has reserved a commemorative tile to be placed in the new building's façade, and looks forward to the opening of the Center.

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Vegetable Medley

A Caribbean Mix

serves 10 - 12

4 large half-ripe plantains
4 medium-sized dasheens
4 medium-sized tannias
4 medium-sized (Caribbean) sweet potatoes
½ cup cooking oil
1 tsp. *each* salt, black pepper
2 tsp. garlic powder

Ginger glaze:
1 ginger root
¼ cup brown cane sugar
2 tbsp. margarine
¼ cup water

For color variety, use these optional items: ½ lb. pumpkin or squash (cut into small pieces) or ½ lb. green or yellow beans.

Peel and cut plantains into small pieces and fry in lightly-oiled, preheated pan. Brown to satisfaction and set aside.

Cut remaining vegetables into small pieces (resembling diced potatoes), keeping them in separate pots of water. Bring water to a boil. Boil vegetables to satisfaction (if choosing to add pumpkin, squash or beans, do not overcook--these must remain firm). Drain all vegetables and set aside for cooling.

Ginger glaze: Peel and grate the ginger root. Preheat a frying pan (preferably an iron pan) and add ginger, margarine, brown cane sugar and water.

Cook for 5 to 10 minutes or until ingredients blend into a beautiful glaze.

Lightly fold/blend all of the vegetables in a large foil pan or glass baking dish. Season to taste and lightly spread the ginger glaze throughout the vegetables.

Helpful Tip: Goya has prepared some of the above vegetables in a frozen medley and is helpful if your time is limited.

-- Mrs. Ruby Crichton



Sunset Rum Cooler

1 oz. Sunset Premium Rum
juice of 1 lime
4 dashes Grenadine syrup
soda

Shake or stir.
Add ice and top up with soda.
Garnish with a slice of lime

Kiss in the Sunset

1 oz. SLR (Sunset Light Rum)
¼ oz. Sunset Captain Bligh Rum
¾ oz. cream
1½ tbsp. honey

Shake and serve over ice.

-- Calypso Imports

Calypso Imports makes Sunset Rums from St. Vincent and the Grenadines available at retailers in the D.C. metro area. Visit www.Calypso-Imports.com to submit your request for where you would like the rums sold.



Independence Week 2008

Dinner/Dance

Saturday, October 25
7:00 p.m. - 1:00 a.m.
Organization of American
States Building
Washington, D.C.
\$85

Church Service

Sunday, October 19
10:30 a.m.
Holy Comforter Church
701 Oglethorpe St., NW
Washington, D.C.
Guest Preacher:
Reverend Dillon Burgin

Please take this time to consider supporting **Independence Week 2008**, which is fast approaching. You can help us realize these successful events with your sponsorship or donation.

Donation for Messages/Ads in Oct. 25 Souvenir Journal

¼ page	\$ 30	(The souvenir journal
½ page	\$ 50	is an 8½×11”
full page	\$100	publication.)
cover	\$200	

Sponsorship Levels

Bronze	\$ 50 (acknowledgment in souvenir journal)
Silver	\$100 (¼ page complimentary journal advertisement)
Gold	\$500 (½ page complimentary journal advertisement)
Platinum	\$1000 (special mention, ad, & complimentary tickets)

Please contact us using the mailing address, e-mail address or phone numbers on the front and back of this newsletter.

Upcoming Events 2008



Sunday, October 19
Independence Church Service
Holy Comforter Church
Washington, D.C.

Saturday, October 25
Independence Dinner/Dance
Organization of Amer. States
Washington, D.C.

Saturday, November 8
SVGNA General Meeting
Holy Comforter Church
Washington, D.C.

Saturday, December 13
Family Christmas Party
Holy Comforter Church
Washington, D.C.

For further information, contact:

Lennox Simon (301) 218-0085
Jasmine Andrews (240) 432-3463
Omegah Fair (202) 269-4816

www.SVGNAdc.com

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