



Hairouna Times

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

Fall 2010

Inside This Issue

- 1 President's Message
- 2 Breast Cancer Awareness Sponsorship Opportunities
- 3 My Expression of SVG
- 4 Independence 2010 Events

Next Meeting

November 13, 2010

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Hairouna Times
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President's Message

Greetings to my fellow Vincentians!

On Wednesday, October 27, 2010, St. Vincent and the Grenadines will celebrate its 31st anniversary of Independence. To honor this occasion, the St. Vincent and the Grenadines Nationals Association of Washington, D.C. (SVGNA) will host the annual church service and reception, at the Holy Comforter Episcopal Church, 701 Oglethorpe Street, NW, Washington, D.C. on Sunday, October 24, at 10:30 a.m. and the Independence Dinner/Dance at Martin's Crosswinds on Saturday, October 30.

We would also like to involve our children in this year's anniversary celebrations. In order to do this, we are asking all Vincentian parents in the Washington, D.C. metropolitan area, to encourage their children and/or grandchildren to participate in the "My Expression of St. Vincent and the Grenadines – From a Child's Perspective" project, which will take place on Wednesday, October 27, at the Organization of American States (OAS) building.

Information on this event, which will be hosted by the Embassy of St. Vincent and the Grenadines, as well as details on registration and submission are enclosed in this newsletter. We anticipate your participation and look forward to seeing you at all the celebratory events for our Independence Anniversary!

I want to take this opportunity to say special thanks to all of you who have supported us in the past and continue to do so every year. We could not have successfully completed the various projects that were undertaken over the years, without your support of our organization. Thank you so very much for your financial support, which enabled us to provide school supplies, much needed cricket gear to children, and contributions to the Renal Foundation. I look forward to working with you all and to many successful years and growth within our organization.

Thanks again and may you enjoy our nation's 31st Anniversary of Independence!

Jasmine "Pat" Andrews
President

SVGNA supports National Breast Cancer Awareness Month

On Saturday, October 9, 2010, the St. Vincent and the Grenadines Nationals Association of Washington, D.C., in support of National Breast Cancer Awareness Month, hosted a Breast Cancer Awareness presentation at the Holy Comforter Episcopal Church. A team from the Georgetown University Hospital –Lombardi Comprehensive Cancer Center offered invaluable information during their presentation on topics such as Mammography and Clinical Breast Exam, Self Exam, Myths and Facts about Mammography, Guidelines for a Healthy Lifestyle, as well as a very comprehensive question and answer session.

SVGNA wishes to thank Georgetown University Hospital Cancer Center and the breast cancer awareness presenters--Dr. Costanza Cocilovo, Nancy Muzek, Lee Walton, and Julie Aaron--for the



Members of SVGNA's board with representatives from Georgetown Univ. Hospital. *Left to right:* President Andrews, Julie Aaron, Nancy Muzek, Dr. Constanza Cocilovo, Lee Walton, At-Large Member Fair and Vice President Simon.

outstanding job they did on this presentation. Special thanks to Jasmine Andrews, SVGNA President, and Omegah Fair, Member-At-Large, for organizing this event, and thanks to everyone for their contribution towards making this a very successful event!

Sponsorship/Donation Form

for **SVGNA's Annual Independence Dinner/Dance--October 30, 2010**

You can assist us in accomplishing our goals either by sponsorship, placing an ad or congratulatory message in the souvenir journal (8½" x 11"), or giving a donation.

- | | |
|---|--|
| <input type="checkbox"/> ¼ page ad/message \$30 | <input type="checkbox"/> ½ page ad/message \$50 |
| <input type="checkbox"/> full page ad/message \$100 | <input type="checkbox"/> full page ad/mssg. inside front cover \$200 back cover \$200 |

Sponsorship levels:

- | | |
|---|---|
| <input type="checkbox"/> Bronze--recognition in journal \$50 | <input type="checkbox"/> Silver--¼ page ad + Bronze rewards \$100 |
| <input type="checkbox"/> Gold--½ page ad + Silver rewards \$500 | <input type="checkbox"/> Platinum--complimentary tickets + Gold rewards \$1,000 |

Name: _____

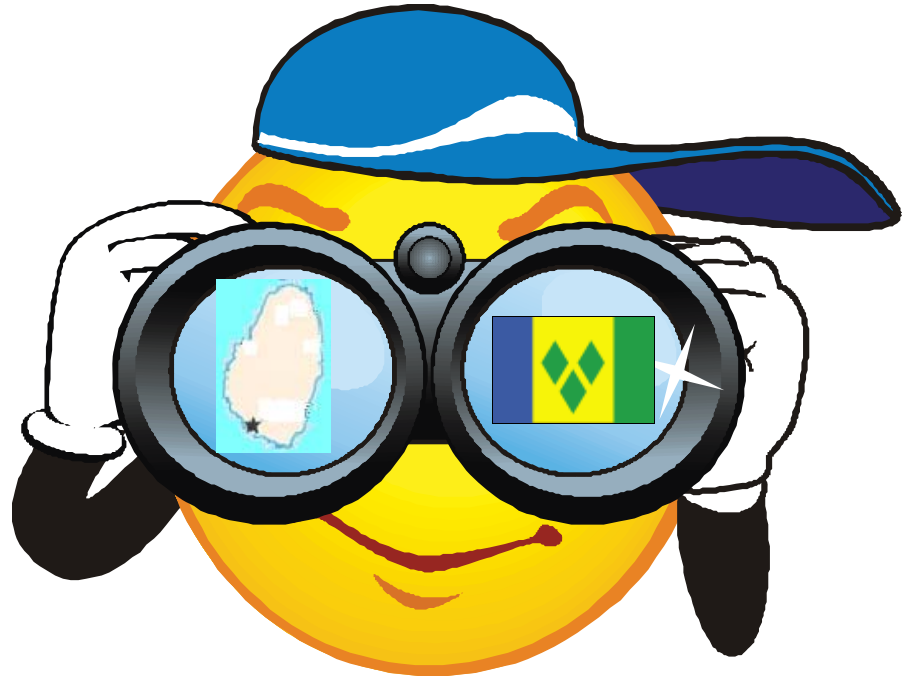
Organization/Company: _____

Address: _____

Phone(s): _____ E-mail: _____

Please make checks payable to SVGNA and return to P.O. Box 2250, Washington, 20113 by Thursday, October 21. To submit artwork, or for questions, contact svgnadc@aol.com.

**“My Expression
of St. Vincent & the
Grenadines”
A Child’s Perspective**



SVGNA is sponsoring a project to showcase the skills and talents of Vincentian children, and those of Vincentian parentage!

The Embassy of St. Vincent and the Grenadines hosts a reception to celebrate 31 years of SVG independence on **October 27, 2010**, and SVGNA would like kids of all ages to join in the celebration. We want our children to know they are part of a rich culture, and so, **we are asking parents to make this a family project by assisting their kids with portraying the theme, “My Expression of St. Vincent and the Grenadines,” through arts and crafts.** The projects will be on display at the reception.

We are looking for *originality, creativity, and imagination!*

REGISTRATION

Name: _____ DoB: ___ / ___ / _____

Address: _____

Phone Number(s): _____ Parent’s name: _____

Are you a Vincentian or child/grandchild of a Vincentian? yes no

Brief description of your project: _____

Completed projects should be mailed to P.O. Box 2250, Washington, D.C. 20013 by **Sunday, Oct. 24** or delivered to SVGNA members at the Independence Church Service (see page 4). For complete rules, visit www.SVGNAAdc.com or call Dr. J. Arrindell at (202) 529-9336 or J. Andrews at (240) 550-5043/pitani@aol.com.

Independence Church Service

Sunday, October 24, 2010

Holy Comforter Episcopal Church
701 Oglethorpe Street, NW, Washington
10:30 a.m.

Guest Preacher: Rev. Nelson Samuel
of Love Tabernacle Fellowship Church
Brooklyn, New York



Independence Dinner/Dance

Saturday, October 30, 2010

Martin's Crosswinds, Greenbelt, Maryland
7:30 p.m. to 1:00 a.m. \$90/per person donation

Keynote Speaker: Sir Frederick Ballantyne, Governor General
◆ deluxe open bar ◆ appetizing buffet menu ◆ music & dancing

St. Vincent & the Grenadines Nationals
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