



The CHACONIA

The TTAO Newsletter

August 2016

Volume 7, Number 3

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Vacant

PR, Communication & Membership
Brenda Agard Alleyne & Carol Joseph

Social
Ingrid John-Baptiste

Recreation
Earlvin (Joe) Dyer

From the President's Pen

Summer of 2016 is definitely a keeper. There has been no lack of really hot days. For those of you who dare to complain about the heat, be reminded of -25 degrees Celsius temperatures in just a few months.

The Trinidad & Tobago Association of Ottawa was well prepared for the onset of the warm weather with a slew of activities, beginning with the celebration of Indian Arrival & Emancipation Day, in partnership with Caribbean Hummingbirds, on Saturday May 28, 2016. Guests were treated to a delicious meal courtesy Ceylonta Restaurant, a variety of entertainment, including, the Gharana dancers, a skit by Nira Dookeran, performances by Ottawa's crooner Roshan Chislett and songster Pamela Hazell and the Afro Caribbean Drummers lead by Roger Roach. Mrs. Venessa Ramhit-Ramroop, then Actg. High Commissioner for the Republic of Trinidad & Tobago, brought greetings from the Government of Trinidad & Tobago and the Guest Speaker, Mr. Naz Deen, delivered a moving address.

Thursday June 23, 2016 saw us host Trinidad & Tobago Night at the Races at the Rideau Carleton Entertainment Centre, in collaboration with the Trinidad & Tobago High Commission (TTHC). The TTAO and the TTHC were ably supported by a number of sponsors who generously contributed to the event, and in this vein we urge you to support those businesses and organisations. Members of the diaspora and their friends enjoyed delicious food prepared by Executive Chef J.C. Bertin and entertainment by the very popular Nepean Panharmonics and Caribbean Fit Fete. The Night at the Races was the occasion on which our newly appointed High Commissioner, His Excellency Garth Chatoor and his wife Mrs. Diane Chatoor, got the opportunity to meet a number of the nationals resident in Ottawa. Their warm and engaging personalities certainly brought a real Trinibagonian atmosphere to the event. A list of the sponsors and the Silent Auction winners will appear at the end of this message.

The TTAO would like to take this opportunity to thank the then Actg. High Commissioner, Mrs. Venessa Ramhit Ramroop as well as TTHC staff members Mrs. Sajitha Petersen and Ms. Liana Sukbhir, and the Social Committee members for a very successful Trinidad & Tobago Night at the Races.

If you were not engaged in the latest Pokemon Go craze, the TTAO Family Fun Day, held in conjunction with Club S.O.C.C.A Kites for Cancer on Sunday July 24, 2016 was the next best place to be. In addition to the entertainment and the interesting kites that were made and flown, the races organised by the Recreation Committee captured the interest of all. Competition was keen and it was interesting to see the plethora of

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photographers with Androids and iPhones in hand at the finish line to assist the judges with photo finish results. The tent with the ever faithful All Fours players and the blue skies complete with the breeze wafting off the Ottawa River were reminiscent of a day spent at any of the beautiful beaches in our homeland. Congratulations and a big thank you to our Recreation Committee.

The TTAO's entertainment calendar is not yet complete however. On August 20, 2016 the annual TrinbaGo Day event will take place at the Ottawa City Hall and on September 3, 2016, an All Inclusive Party will be held at the residence of the High Commissioner for the Republic of Trinidad and Tobago. Details on both these events will appear later on in this newsletter.

The TTAO was, as usual, well represented at events hosted by some of our community organisations in Ottawa including Afro Caribbean Cotillion put on by The Cultural Arts Studio, School of Afro-Caribbean Dance and the 50th anniversary celebration of the Republic of Guyana sponsored by the Guyana Ottawa Cultural Association.

To the members and friends of the TTAO, I thank you for your past support and your continued participation at our upcoming events.

Once again, we have to thank the hardworking Executive, Social and Recreation Committee members for the success of the events that have already been hosted, and the planning of those yet to come.

2015-2016 Executive Committee:

President:	Ingrid John-Baptiste
Vice President:	Earlvin Dyer
Treasurer:	Anne-Marie Bostic
Secretary:	Judy Madhosingh
Asst. Secretary:	Patricia Cholmondeley
Floor Members:	Brenda Agard Alleyne, Carmen Dyer, Kevin Friday

2015-2016 Social Committee:

Lena Baptiste	Anne-Marie Bostic	David Bostic
Pat Cholmondeley	Carmen Dyer	Earlvin Dyer
Ingrid John-Baptiste (Chair)	Dianna Pierre	Tony Pierre

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Suzanne Whittier

Maurice Taitt

Errol Whittier


2015-2016 Recreation Committee:

Anne-Marie Bostic
Earlvin Dyer (Chair)

Pat Cholmondeley
Judy Madhosingh

Carmen Dyer
Glen Mason

Sincerely,



Ingrid John-Baptiste (President)

Night at the Races Silent Auction Results:

SILENT AUCTION	DONATED BY	WINNER
Gift Basket with Hidden Treasures	Trinidad & Tobago	Patricia Cholmondeley
Bowl made from Acacia Tree	The Trinidad & Tobago Association of Ottawa	Patricia Cholmondeley
Painting embedded in glass in Silver Frame	The Trinidad & Tobago Association of Ottawa	Leah Lepage
Lunch for 4 with H.E Garth Chatoor & Mrs Diane Chatoor and the President of the TTAO Ingrid John-Baptiste & Mr. Carl John-Baptiste	Trinidad & Tobago High Commission	Merv Wells

Night at the Races Sponsors:

- AMH Style
- Aylmer Electronic Service

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- Bacchanalle
- Claude Headley
- Club S.O.C.C.A
- Courtney Williams
- Havana Café and Catering
- Jaku Konbit
- The Jamaican (Ottawa) Community Association
- Savannah Afro-Caribbean Products
- St. Vincent & The Grenadines Ottawa Association
- Voyages G Travel
- Wonton Crunch
- Dr. Raya Fatah
- Conrad Thomas
- Ray-Tek Printing

TTAO Executive and Committees

The 2015-2016 TTAO Executive and committee chairs and mandates are listed below. They will be kept busy planning for another engaging, health conscious and culturally satisfying year for you.

This is your 2015-2016 TTAO Executive:

President - Ingrid John-Baptiste

Vice-President - Earlvin (Joe) Dyer

Treasurer - Anne-Marie Bostic

Secretary - Judy Madhosingh

Assistant-Secretary - Pat Cholmondeley

3 Floor members - Carmen Dyer, Brenda Agard Alleyne and Kevin Friday

Our standing committees for 2015-2016 are as follows:

The **Culture & Education Committee** ensures that cultural and educational aspects are included and promoted within our activities. We are looking for a chairperson for this committee.

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The **Public Relations (PR), Communications & Membership**

Committee is co-chaired by Brenda Agard Alleyne and Carol Joseph. The mandate of the committee is to broaden the TTAO's visibility and promote the Association's activities to forge stronger ties with and among its members and the general public. This is the third publication of our Chaconia newsletter for this new membership year.

The Social Committee is chaired by Ingrid John-Baptiste. The mandate of the committee is to organize and execute events hosted by the TTAO with efficiency and fiscal responsibility, while respecting the guiding principles that are reflective of the Association. They are busy planning for our upcoming events.

The **Recreation Committee** is chaired by Earlvin (Joe) Dyer. The mandate of the committee is to organize and execute events that will engage our members and friends in recreational activities. They have just completed the TTAO Family picnic at Petrie Island and will continue to plan Chaconia All Fours Club events.

We are always looking for participation on these committees, which will increase chances of success. You are more than welcome to volunteer and/or share your ideas so please [contact us](#) if any peaks your interest.

Upcoming TTAO Activities

AUGUST 2016

TrinbaGo Day 2016

On Saturday, August 20, 2016, TrinbaGo Day returns to Jean Pigott Place, Ottawa City Hall from 12:00 noon to 8:00 p.m. This year promises to be bigger and better for two reasons. TrinbaGo Day 2016 is the run up to

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TrinbaGo Day 2017, which will see Trinidad & Tobago's participation in the much anticipated Canada 150 celebration. Secondly, the 2016 event is being held in association with the Arboretum Music Festival which will take place behind Ottawa City Hall. Arboretum and TrinbaGo Festival goers will have access to both venues.

The TrinbaGo entertainment will open with a performance by a First Nations Dancer who will welcome us to the land of his ancestors. Included as well, but not limited to, will be East Indian and Afro-Caribbean dances, Calypso performances, storytelling and drumology. Ottawa community based businesses and organizations will also share their products and services with those in attendance. Trini-centric food and drinks will be available for purchase and our resident D.J. will supply music to make patrons do their happy dance!

Admission is free, however donations will be accepted. Please join us for some family fun and entertainment and do bring a friend or two.

SEPTEMBER 2016

Trinidad & Tobago Association of Ottawa All Inclusive Party

The TTAO has added a new event to its roster. The Independence Dinner and Dance will be replaced by an "All Inclusive Party" to be held at the residence of the High Commissioner on Saturday, September 3, 2016. Proceeds from this event will go towards the hosting of the TrinbaGo Day 2017 event slated for Thursday, August 31, 2017.

Details of the All Inclusive Party are provided later on in this newsletter. Tickets are limited so get your tickets early.

Past Activities 2015-2016

C.L.R. James Scholarship Award 2016

Congratulations to our two scholarship winners, Ajani Alleyne and Brandon Smith.

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Ajani is a graduate of Ridgemont High School in Ottawa and will enter Carleton University, Ottawa to pursue a Bachelor's Degree in Industrial Design in September 2016. His aim is to design automobiles, electronics, household items or footwear. He has always been interested in these types of products, and has plans to recreate, redesign and improve those products, so that they are easier to use and also produce.



Ajani with Noreen Mejias Bennett, daughter of Esmee Carr Mejias

Brandon is a second year student at Acadia University in Wolfville, Nova Scotia. He is pursuing a Bachelor's Degree in Kinesiology. His plan, upon completion of his degree, is to develop the skills which will enable him to open a clinic called "Holistic Health Ottawa". His ultimate goal for this clinic is to show the community that living well is easy, sustainable and fun when you have the right education and support behind you.

Brandon is an avid sportsman and Football has been an integral part of his life since he was 8 years old. He played high school and Ontario Varsity Football, receiving awards for his outstanding dedication and contribution to the game.



Brandon with H.E. Garth Chatoor, High

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Commissioner of Trinidad & Tobago to Canada

This year the C.L.R. James Scholarship was awarded in the name of the late Esmee Carr Mejias, a pioneer in the field of early childhood education in Trinidad & Tobago. Esmee was the author of the Ibis series, which was used in the school system in our homeland.

A small presentation ceremony, consisting of close relatives of the recipients and the TTAO Executive and Committee members, was held at the Trinidad & Tobago High Commission on August 11, 2016. H.E. Garth Chatoor, High Commissioner of the Republic of Trinidad and Tobago addressed the gathering. As well, Noreen Mejias Bennett, daughter of Esmee Mejias, a member of the TTAO and a donor to our scholarship fund, was the Guest Speaker for the evening (her speech is attached at the end of this newsletter). The scholarship winners also offered words of gratitude.

Best wishes to Ajani and Brandon in their respective fields of study.

TrinbaGo Day 2017...



The City of Ottawa has begun a mass advertising campaign encouraging citizens to become involved in the Canada 150 celebration. "Ottawa Welcomes the World" is once such initiative and the various High Commissions and Embassies have been encouraged to integrate their

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national celebrations into Ottawa's 2017 program. The Trinidad & Tobago High Commission (TTHC) accepted the invitation by Mayor Watson and has chosen Thursday, August 31, 2017 as the day on which Trinidad & Tobago will be showcased. It is also a significant date for us as nationals, as our twin island state will be celebrating 55 years as an independent nation. The staff at the TTHC has solicited the assistance of the TTAO to fulfil this obligation. The aim is to showcase Trinidad & Tobago with a world class event which translates to well coordinated planning and substantial financial and human resources. Time is of essence, so a project team has already begun work on this project. Volunteers will be key to the successful staging of TrinbaGo Day 2017 so if you are interested, please contact the TTAO at tandtassociation@gmail.com.

Updates on the progress of this project will be provided as it unfolds.

T&T High Commission Corner...

Appointment of High Commissioner for the Republic of Trinidad and Tobago to Canada

His Excellency Garth Chatoor, High Commissioner for the Republic of Trinidad and Tobago to Canada, arrived in Ottawa with his wife Carol Diane Chatoor during the week of June 13, 2016. On June 15, 2016 he presented his Letters of Credence to His Excellency David Johnston, the Governor General of Canada.



H.E. Garth Chatoor (left); H.E. David Johnston (right)

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Photographer: MCpl Vincent Carbonneau, Rideau Hall

H.E. Garth Chatoor served as the General Manager of the Power Generation Company of Trinidad and Tobago Limited (PowerGen), a joint venture company created out of the partial divestment of The Trinidad and Tobago Electricity Commission (T&TEC), from 2000 to 2011.

Trinidad and Tobago's High Commissioner to Canada has also held several Directorships from 2006 to his appointment, including inter alia RBC Financial Caribbean Limited, RBC Investment Management, RBC Merchant Bank and Carib Glass Limited (ANSA Group of Companies).

High Commissioner Chatoor holds a Master of Science in Production Engineering and Management, a Bachelor of Science (Honours) in Chemical Engineering, and has completed Post Graduate Programs in Management Studies as well as Systems Analysis and Design.

The High Commissioner and his wife have two children, Nigel and Kimberly, and are the proud grandparents of five.

His Excellency looks forward to working with the diaspora in Canada in a meaningful manner to achieve tangible outcomes that would redound to the best interest of Trinidad and Tobago and Canada.

Congratulations and Welcome to H.E. Chatoor

On behalf of the Executive and members of the Trinidad & Tobago Association of Ottawa (TTAO), congratulations are extended to H.E. Chatoor on his appointment as High Commissioner for the Republic of Trinidad and Tobago to Canada. A warm welcome is also extended to him and his family to the beautiful City of Ottawa.

Based on discussions thus far, we have been reassured of his intention to enhance the longstanding cordial relationship that has been established between Canada and Trinidad and Tobago over the last 54 years. We are also pleased that he will work diligently to strengthen the relationship between the High Commission and members of the diaspora in Canada and even more importantly, intensify that sense of national pride among us. The TTAO looks forward to working with him and his staff in pursuing

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our shared goal of profiling the interests of our twin island state.

Once again, congratulations and best wishes to him in the fulfillment of his duties as High Commissioner for the Republic of Trinidad and Tobago to Canada.

Inspiration Corner.....

Sade Francois was the recipient of the 2015 C.L.R. James Scholarship from the TTAO. Below you will find a statement from her providing an update as to what she has been up to since receiving the award. Sade is a shining example of why the TTAO is adamant about awarding this scholarship on an annual basis. The TTAO is extremely proud of Sade and her accomplishments and we wish her continued success in her studies.

It has been a year since I had the honour of receiving the 2015 C. L. R. James Scholarship from the Trinidad and Tobago Association of Ottawa, and I am just as grateful today as the day it was granted to me. In the past year, I have managed to complete the first half of my medical degree, which consisted of two years of Basic Science courses such as Pathology, Pharmacology, Anatomy and Microbiology, to name a few. At the end, I was 15th in my class of over 600 students. In the past month, I have also successfully passed the United States Medical Licensing Exam (USMLE) Step 1, the first of a series of national certifying board exams in America, scoring above the 85th percentile. I now look forward to the end of August, when I will be starting the last two years of my program in New Jersey. During these two years of clinicals, I will be assisting with patient care in the hospital and will have a chance to work within a variety of different medical specialties. I am thankful to the Trinidad and Tobago Association of Ottawa for their faith in me and I will continue to strive for excellence through the remainder of my studies."

Regards,
Sade Francois

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Sade (middle) with this year's winners, Brandon Smith (left) and Ajani Alleyne (right).

In Memory of....



Patrick Augustus Mervyn Manning

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Obituary

Patrick Augustus Mervyn Manning, the fourth (1991-1995) and sixth (2001-2010) Prime Minister of Trinidad and Tobago, died on July 2, 2016 at the age of 69.

As a student, Mr. Manning excelled and earned a degree in geology at Jamaica's campus of the University of the West Indies, then worked as a refinery operator and later a geologist in Trinidad for Texaco. He entered politics in 1971 under the tutelage of Eric Williams, who was the country's first prime minister and founder of the People's National Movement (PNM).

Mr. Manning was a junior minister in Mr. Williams's governments before he was named Minister of Energy in 1981. He emerged as the party's political leader in 1986, taking one of only three seats its candidates won in the general elections that year.

In 1991, Mr. Manning led the People's National Movement to a drubbing of Prime Minister Arthur N. R. Robinson's National Alliance for Reconstruction (NAR). In 1995 he called a General Election one full year before it was constitutionally due and both the PNM and the United National Congress (UNC) won 17 seats each and the National Alliance for Reconstruction (NAR) won 2 seats. The UNC and the NAR united in a coalition and formed the government. Basdeo Panday, Chairman and Leader of the UNC replaced Mr. Manning as Prime Minister.

The 2001 elections ended in a tie, with both the Opposition PNM and the governing United National Congress winning 18 seats. President A. N. R. Robinson appointed Mr. Manning as Prime Minister. On 9 April 2010 Prime Minister Manning advised President George Maxwell Richards to dissolve Parliament resulting in a General Election to be held two years sooner than was constitutionally mandated. Manning later announced 24 May 2010 as the date for general elections. Manning and the PNM lost the election to The People's Partnership (UNC, COP, TOP, NJAC, MSJ). Following the defeat, Manning officially resigned as Political Leader of the Party on 27 May 2010 but remained as the Parliamentary Representative for San Fernando East.

On January 23, 2012 Mr. Manning suffered a stroke and never fully

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recovered from that illness. Diagnosis of acute myeloid leukemia was confirmed on June 30, 2016 and he died at 8:15 a.m. on July 2, 2016 at the San Fernando General Hospital, six weeks before his 70th birthday.

Mr. Manning is survived by his wife, Hazel, and their two sons Brian and David.

We wish to thank Mr. Manning for his dedicated and long-lasting public service to the Republic of Trinidad and Tobago and the Caribbean region at large. May he rest in eternal peace.

A Trinbago vacation is de bess...



The Tourism Development Company (TDC) in Trinidad and Tobago has revived a five-year-old campaign urging citizens to vacation in Trinidad and Tobago. The "Stay to Get Away" campaign was launched on July 22, 2016 and runs from August 1 to 31, 2016.

In making a case for domestic tourism, Tourism Minister Shamfa Cudjoe said Trinidadian residents vacationing in Tobago spent over TTD 500 million, which translates to about 59 percent of Total Domestic Travel Expenditure. Persons from Tobago visiting Trinidad spent approximately TTD 250 million.

With the poor Canadian to US exchange rate, I am sure that Trini-Canadians will agree that a Tobago vacation is a worthwhile option as well. Forget Cuba and the Dominican Republic! Tobago has beautiful beaches, great food and is an untapped eco-tourism destination. Maybe the TDC should target expats as well, don't you think?

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2016 Rio Summer Olympics...



Team TTO has fielded a number of athletes at the Rio 2016 Olympic Games being held in Brazil. The Trinidad and Tobago Olympic Committee (TTOC) has a pretty active [website](#) and [Facebook page](#), so please take a visit for up-to-date information and schedules.

The TTOC has made available an Olympic Collector's Edition Rio 2016 Olympic Games Commemorative Magazine. Copies are available at Olympic House, 121 Abercromby Street, Port of Spain. Donations in support of #10golds24 athlete welfare and preparation fund will be appreciated and accepted.

On the Bookshelf...Interesting Reads:

For Children:



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Fred and Frank Best Friends by Marsha Gomes

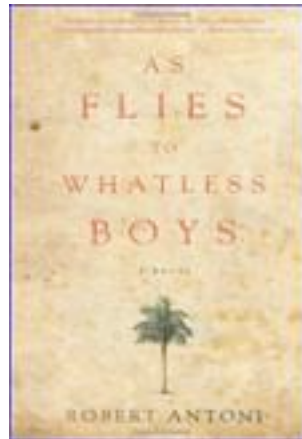
About the Author

Marsha Gomes is the author of a series of novels ranging from romance to fiction to thrillers all with her signature line of impossible humor. Her daughter has also inspired her to establish a line of her own Children Books - "Aunty Marsha Children's Books" which she writes and illustrates personally. Marsha is the Regional Advisor for the Caribbean South Chapter of the Society of Children Book Writers and Illustrators and is a member of Women in Art of Trinidad and Tobago.

About the book

Fred and Frank are two frogs whose choices of foods are as different as day is from night, however in spite of their differences they remain best friends. Join Fred and Frank in a tale of flies as they tell us what they like and don't like about flies.

For Adults:



As Flies to Whatless Boys by Robert Antoni

About the Author

Robert Antoni is the author of the landmark novel Divina Trace, for which he received a Commonwealth Writers' Prize and an NEA grant. His other books include Blessed Is the Fruit, My Grandmother's Erotic Folktales, and

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Carnival. He was a 2010 Guggenheim Fellow (for his work on *As Flies to Whatless Boys*), and recently received the NALIS Lifetime Literary Award from the Trinidad & Tobago National Library. He now lives in Manhattan and teaches in the graduate writing program at the New School University.

About the book

The narrator in [As Flies to Whatless Boys](#) is a young boy named Willy, who recaps his overseas journey with his father from London to Trinidad circa 1845, as part of a contingent called the Tropical Emigration Society (TES). The expedition is spearheaded by engineer and philanthropist, John Adolphus Etzler, inventor of machines "powered by the immense forces of Mother Nature." Recruits in this proto-socialist, utopian community include Marguerite Whitechurch sans vocal chords, among others.

En route to their destination, members of the TES traverse varied geographical terrain. However, it is the linguistic landscape that truly resonates with me. As the author reconstructs the journey through family correspondence, anecdotes and emails, references to bazodee, too-tool-bay, assasataps, tabanca, cockspraddle, geegeeree, and maco-eyes are interwoven in the narrative. We learn that Etzler the engineer had 'the gift: boldfaced bamboozlement. Shameless mongoosecity!

What's on Around Town!

Tune in:

Saturdays - CHUO 89.1FM (www.chuo.fm) and CKCU 93.1FM (www.ckcufm.com)

African, Caribbean and Latin American music and news.

Joe Sounds Calypso Oldies: Internet Radio featuring Calypso, Soca and Reggae (www.LIVE365.com)

Events of Interest:

TTAO Committees

Chairpersons

Cultural and Education

Vacant

PR, Communication & Membership

Brenda Agard Alleyne & Carol Josep

Social

Ingrid John-Baptiste

Recreation

Earlvin (Joe) Dyer

Contact Us

tandtassociation@gmail.com

info@ttaa.ca

or

The Trinidad and Tobago
Association of Ottawa
P.O. Box 8401, Station T
Ottawa, Ontario
K1G 3H8

Star Trek's Starfleet Academy Experience - May 13 to September 5, 2016 at Canada Aviation and Space Museum, 11 Aviation Parkway, Ottawa

A world premiere for Star Trek fans! Discover the science behind the science fiction as you learn about Star Trek technologies like tricorders, warp drive, phasers and teleporters. Visit the website at <http://www.casmuseum.techno-science.ca/> for further details.

Gatineau Hot Air Balloon Festival - September 1-5, 2016

Attend Canada's largest balloon festival where hot air balloons fill the Gatineau sky and a number of exciting shows take place.

CityFolk - September 15-18, 2016

Boasting a new name and venue at the Great Lawn, Lansdowne Park, this festival highlights Canada's rich traditions with music, dance, storytelling and crafts. Side-stage shows are a particular highlight as musicians share the spotlight.

Canada Army Run - September 18, 2016

A half-marathon and 5K run along a fast course along the Rideau Canal that attracts military and civilian runners, walkers and spectators from around the world.

Ottawa International Animation Festival - September 21-25, 2016

This festival will be celebration its 40th anniversary. This is North America's largest animation festival and showcases the finest new productions from around the world.

Carp Fair - September 22-25, 2016

Celebrate agriculture in Ottawa's countryside, at 3790 Carp Road, Carp with shows, exhibits, entertainment and good old fashioned fun!

Free yoga sessions until September 28, 2016

Join Lululemon on Wednesdays at 12:00 noon for a free yoga session on the lawn in front of Parliament. Carry your own mat and water!

Ottawa Fury until October 29, 2016

Enjoy home games of this professional soccer team in their second season in the North American Soccer League.

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Member's Corner.....

To enhance what the TTAO can do for the community, we need your support. Support us by becoming a member. New members are always welcome! Does an event or committee peak your interest? If you are 16 years of age or older, looking to get involved, then consider becoming a member and joining a committee that interests you the most.

The TTAO Membership form

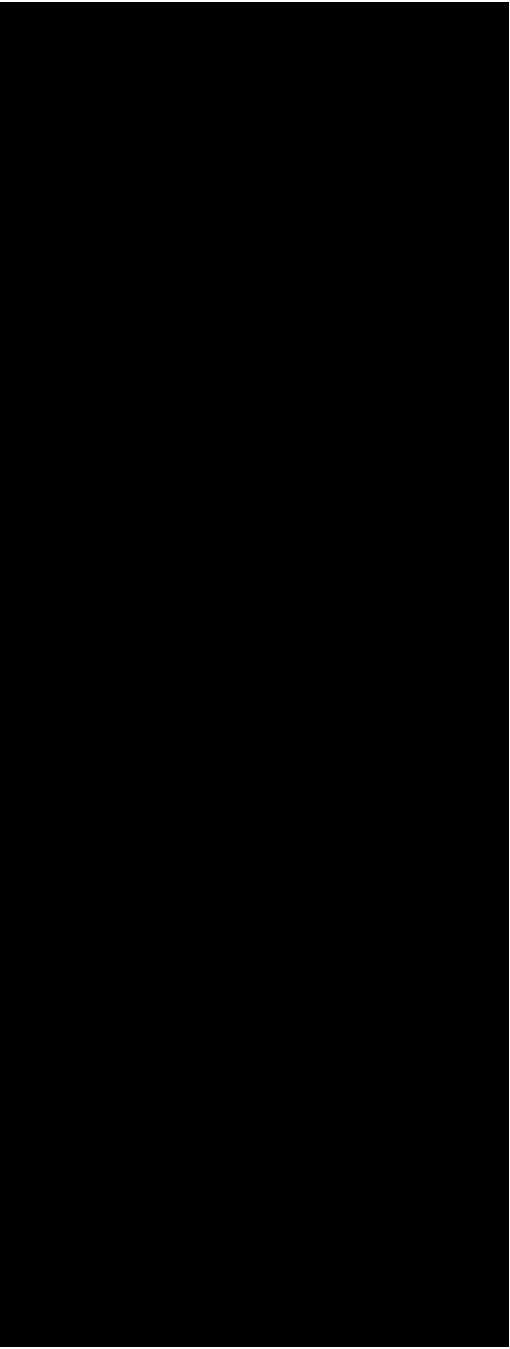
The TTAO Membership Form has been updated and is now fillable online. Once the form has been completed, email it to our [mailbox](#). You will then be contacted to make arrangements for payment of your membership fee. We hope that our members will make use of this great feature.

Just a reminder, the annual membership for the association runs from **September 1 to August 31. Your membership for 2016-2017 is coming due.** Please think about renewing your membership if you have not already done so.

Please encourage your friends and family to like our Facebook page at <https://www.facebook.com/pages/The-Trinidad-and-Tobago-Association-of-Ottawa-TTAO/157550578878>. On an almost daily basis, we post news and stories of interest pertaining to Trinidad and Tobago and the community in which we live. Your feedback and comments are always appreciated.

Feedback.....

Interested in contributing to the next newsletter? Would you like to provide comments or suggestions to the TTAO? Send us an email, write us a letter or put a posting on our Facebook page and tell us what you think.



The Trinidad & Tobago Association of Ottawa
in association with Arboretum Music Festival
presents



TRADITIONAL FOOD + MUSIC + CELEBRATION

Trinbago Day

Saturday, August 20, 2016

12pm - 8pm / Free Admission
Ottawa City Hall / Jean Piggot Hall

Plus FREE ADMISSION to



Arboretum
Music Festival



Carib
Brewery



The TRINIDAD & TOBAGO ASSOCIATION OF OTTAWA
(TTAO)
invites you to an

ALL INCLUSIVE PARTY
(includes Trini-Centric Food & Drinks)



Come Socialise, Dine and Dance
on
Saturday, September 3, 2016
at

the residence of the
High Commissioner for the Republic of Trinidad & Tobago
359 Buena Vista Road
Rockcliffe Park, Ottawa
from

1:00 p.m. to 7:00 p.m.

TICKETS: \$75.00 each

Music by D.J. David Supersound

DRESS: ELEGANTLY CASUAL

Proceeds towards TRINBAGO DAY 2017
and the
TTAO's participation in the Canada 150 anniversary celebrations

Your support will be deeply appreciated

Tickets and Information: 613-834-1718; 613-834-4282; 613-850-0870

**An Address by Noreen Mejias Bennett to the Recipients of the C.L.R.
James Scholarship Award in the name of the late Esmée Carr-Mejias
Thursday August 11th, 2016**

It is a great pleasure and an honour for me to address you this evening to say a few words regarding this year's C.L.R. James Scholarship Award given in memory of my mother, Esmée Carr-Mejias.

I was fascinated & excited by the opportunity to learn more about this year's well deserving recipients **Ajani Alleyne** and **Brandon Smith**; as well as one of last year's recipients **Sade Francois**, who is also with us this evening.

Mind you, when Ingrid John-Baptiste, our President at the Trinidad and Tobago Association of Ottawa (TTAO), first asked me to give the short address, I have to admit that I was a bit reticent as I did not realize the full impact that the man C.L.R. (Cyril Lionel Robert) James had had on the shaping of our modern society.

I learnt that James was a guiding light in the West Indies Independence campaign. He was a great leader of mass movement and a champion of the Pan-Africanist agitation and cause.

He received various awards for his immense socio-political work & awareness, which included anti-racist movements and the uplifting of sport and I daresay, **the uplifting of human potential**.

As per the material I researched, James' Vision of Humanity was the "*profound belief in **the creative capacities of** ordinary men and women -- and these creative capacities were **a force** for civilization.*"

Characteristics used to describe C.L.R. James spoke about:-

- His sheer vitality and his Integrated Vision of Humanity ... his remarkable visual sense.
- His highly intuitive nature – "*Even as a boy, he had grasped intuitively the interconnectedness of human experience*".
- He was determined to go his own way and to establish himself independently.
- He had great Imaginative Skill and a highly developed sense of himself and what was possible – as testament in his internationally acclaimed book – "*Beyond A Boundary.*"
- At the centre was "*the presence of ordinary men and women and **their need to express the uniqueness of their individual personalities** within the expanded context of world society.*"
- He knew the benefits of shattering boundaries – "*Everywhere we are confined by boundaries (ways of limited thinking, if we let it) but we struggle to break out.*" James was always seeking to move beyond conventional limitations. No boundaries ... *when ceilings are shattered, the sky's the limit.* (Hilary Clinton)

All qualities and attributes to be remembered, admired and emulated.

And in spite of all James' unequivocal brilliance, astounding genius and the like, it is quoted that *"Frequently he surprised visitors by asking them detailed questions about themselves, their backgrounds, their experiences, their education, their work, **absorbing the information**, as he had done throughout his life, as a fundamental part of his outlook on the world."*

I share all that not only as a reminder to myself, but also to link what I researched on the upcoming studies and endeavours of our recipients - Ajani, Brandon and Sade.

For **Ajani Alleyne** of Ottawa, Ontario who is entering Carleton University this Fall to pursue a Bachelors Degree in Industrial Design; *[I googled and downloaded the Booklet entitled "Bachelor of Industrial Design at Carleton University.]*

Industrial Designers are specialists who **determine** the features, appearance, materials and ergonomics (*the study of people's efficiency in their working environments*) of the many products we use daily – from toasters and cell phone to sporting goods and tools ... they play a vital role to ensure **the connection** and I daresay *interconnection* between a product and its end user.

What caught my attention were the descriptions of what persons like Ajani, had to have in order to be accepted into the degree program. That person has to be and Ajani is:-

- Smart and creative
- Enjoys problem solving
- Keen to design products that are useful to people
- Happy to work in teams to bring their **unique perspective** to the solution of problems

Such characteristics which left me with the feeling of excitement and a sense of wonderment; thinking how thrilling it is being able to discover, to learn, to shape, and to design.

For **Brandon Smith** of Orleans, Ontario who will be entering his third year at Acadia University in Nova Scotia, where he is pursuing a Bachelors Degree in Kinesiology, I also was able to obtain information online from the Acadia University.

Kinesiology is the study of human movement and its role in our lives. Kinesiologists develop programs for people helping them get and stay fit and perform at their optimal level.

Registered Kinesiologists are recognized experts in preventing and managing injury and chronic disease and in helping to reach peak physical performance.

I was inspired by the invaluable program that **Brandon** is pursuing at Acadia University, which brings theory to life and gives it **relevance** and **connection** between the theoretical world and **real-life experience**, while using state-of-the-art equipment.

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Of the 20+ courses regarding Brandon's 3rd year program, a few of the fascinating topics that caught my attention were:-

- Leadership and Team Building;
- Children with Special Needs;
- Physiological Assessment;
- Health Behaviour Change;
- Wellness and Aging;
- the Biometrics of Injury and Disease.

Again calling to mind sheer vitality, contribution and of Brandon's passion to make a meaningful difference.

For **Sade Francois**, I was moved by what she wrote in her submission in the upcoming Trinidad & Tobago Newsletter (and she will tell us more about that herself). She is a remarkable, accomplished young woman who is in the process of completing her medical degree. Her passion to continue to strive for excellence through her studies and upcoming work of assistance with patient care in the hospital, is truly outstanding.

Ajani, Brandon and Sade, you should be very proud of your unique accomplishments that have brought you here today ... as you continue to carve out, design, create and shape your own unique paths for yourselves and those that you engage with ... know that you do not journey alone. Your family, including we your TTAO family, here in Ottawa, encourage and support you in your endeavours.

We all stand on the shoulders of giants who went before us ... we **see** the giants that **you are capable of becoming** in your own unique right. It calls to my mind our Trinidad and Tobago motto, "Together we aspire ... Together we achieve ..."

Ajani, Brandon and Sade, I encourage you to stay connected and to reach out ... we want to continue to hear about the inroads that you are making: we are happy to lend-an-ear, to give encouragement and friendship as you carve out your own unique path and vision.

And like C.L.R. James and the many who went before, we charge you to continue to explore and nurture that sense of **curiosity** ... that sense of **inner knowing, exploration and vitality**, as you come to reach the full measure of your potential and the unique giants that you are ... the unique Olympians that you already are!

My sincere thanks again to our (TTAO) President Ingrid John-Baptiste, and to **all** the members of the TTAO Committee, for inviting me to share these remarks with you. Ingrid's steadfast encouragement; her gentle and persuasive prodding, peaked my curiosity to discover more about and to take an interest in, the TTAO ... in doing so, I discovered more about myself.

My thanks as well to the First Secretary Venessa Ramhit-Ramroop who has always been so very gracious, responsive and welcoming to me (she is a real treasure).

My sincere thanks to our new High Commissioner, His Excellency Garth Chatoor for his warmth, his friendship and his commitment to the further growth and development of our Trinidad and Tobago Motto "Together we Aspire ... Together we Achieve."

And my thanks as well to you, the audience, for your time and kind attention this evening.

In closing, I share with you the following quotation that I found on a slip of paper that I had kept ... it is entitled "**A BLUEPRINT FOR SUCCESS**" ^{author unknown} and it reads as follows:

- **BELIEVE** while others are doubting
- **PLAN** while others are playing
- **STUDY** while others are sleeping
- **DECIDE** while others are delaying
- **PREPARE** while others are daydreaming
- **BEGIN** while others are procrastinating
- **WORK** while others are wishing
- **SAVE** while others are wasting
- **LISTEN** while others are talking
- **SMILE** while others are pouting
- **COMMEND** while others are criticizing
- **PERSIST** while others are quitting

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The quote goes on to say that Elon Musk, creator and designer of the Tesla and Owner of Space X, is among those who personifies this blueprint. So do Abraham Lincoln, C.L.R. James, Nelson Mandela, J.K. Rowlings, Barack Obama ... and I say ... so do Ajani Alleyne, Brandon Smith and Sade Francois.

May your unwavering willingness and ability to navigate by your own inner truth, continue to serve you well.

Ladies and Gentlemen: please join me in giving a round of applause to our honoured and deserving recipients Ajani, Brandon and Sade -- the proud recipients of the C.L.R. James Scholarship awards. Thank you.