

CBAC AGM

ANNUAL REPORT

2021-2022



President's Report Fiscal year 2021-2022

The Council for Black Aging Community of Montreal Inc. is a growing seniors Community Centre whose aims are to encourage and support the members to participate in activities that are provided by professionals in order to promote mobility and sustain independence.

Although the current Covid-19 Government guidelines are less rigid than the previous year, the in-house activities and programs have yet to return to normalcy. However, thanks to the Borough of LaSalle especially our Liaison person Mrs. Karine Mathieu, Mr. Sylvain Pilot and the staff of Centre Loisirs Laurendeau, the Council was given permission to hold in-house programs at the Boys and Girls Club situated at 8700 Hardy Street in LaSalle. In our ongoing quest to encourage the members to leave their homes and enjoy the beautiful weather, all the Activities for this session were offered free of charge. As expected, the participation in the Activities especially Yoga has doubled and we hope that it will continue in the fall session. This session also saw the introduction of two additional activities, Line dancing and Taichi were introduced, bringing the total number of activities to 8. We say a big thank you to the above individuals.

The Board of directors and staff are elated and proud that our Seniors are able to use Zoom to participate in the various activities and programs. This have made things easier for the Staff and the committee leaders to engage the members in delivering the programs /Activities.

A grant of 14,795.00\$ we received from the Social Development Partnership Program of Canada, enabled us to purchase a smart Television to conduct programs and also provide the seniors with the opportunity to watch their favorite programs on YouTube and Netflix while relaxing at the Center. The remaining of amount of the grant will be used on specified repairs and the purchase of special items identified by the funders. An additional 10 Tablets were purchased from a grant of 5,435.00\$ received from the city of Montreal and distributed to members bringing the total number of Tablets to 55. The City of Montreal LaSalle also gave the Council \$400 to support the celebration of the Black history month. The Prairie Porter of Winnipeg donated 1500.00\$ to the Council.. Our special thanks and appreciation go to these donors.

Despite the efforts of the building committee and Board of Directors, a suitable and spacious location has not been found for the Council. Our efforts to find a suitable location has not stopped, hence we encourage the in-coming board to continue the search since the Council's membership has outgrown the present location, and even more so especially during this time of the Covid-19 Pandemic. Our five years lease expired since August 2021 and at the moment the

Council is operating with a monthly lease. I must emphasize that Monthly lease is not the best type for the Council.

The Executive Director and Administrative Assistant of the Council resigned in late August and early September 2021 respectively. Again, the board of directors was faced with the task of recruiting the right persons to fill the above positions. In order to make the process easier but more efficient, a standing Hiring Committee was formed-first of its kind in the Council. The Committee is made up of the President, one member at large, a board member, and one non-member, and was tasked with the responsibility to comb through a huge pool of applicants and screen such applicants for scheduled interviews. Over fifteen candidates were screened and interviewed for the two vacant positions, of these 11 were found to be suitable. However, work schedule preferences available to employees due to the Pandemic and lack of clarity on the part of the Government regarding the vaccine; whether non-vaccinated individual should be hired or not, was the question the Labour Board could not answer.

The Hiring Committee was unable to find the right person except one for the position of program Coordinator. The remaining six candidates presented various issues such as opposition to vaccination, asking for benefits, or got other jobs prior to the starting date at CBAC. The two chosen candidates for the position of Administrative Assistant also reneged on their starting dates. Unfortunately, the only well qualified and experienced Candidate hired for the position of Program Coordinator on April 12th 2022 on a part-time bases resigned on June 21st 2022 due to the pursuit of higher Education.

Labour shortage in the province of Quebec and in Canada, has created various options that are available to workers, such as working from home versus working in office; and part time versus full time etc. have made it very difficult to find the right candidates to fill the positions especially in the nonprofit sector such as ours.

Members of the Advisory Committee were just appointed, even though it was created since the inception of the By-laws. Its mandate is to intervene / mediate to make recommendations to the Board regarding disciplinary issues (members/staff), the welfare of the Council, and on achieving the aims and objectives of the same.

The departure of the two staff members left us without someone to host the Morning Tea. Mrs. Wilma Alleyne and MS Yvette Christie did not hesitate to shoulder the responsibility when I asked the above two wonderful ladies to become the hosts. It was not surprising that the morning tea was transformed to be what I call the Morning Tea Plus. Participation including presentation by other members increased dramatically. The plan was to organize it once a Month but the frequency was increased to bi-weekly and there was still demand to hold it weekly. I hope that the in-coming- board will still engage these two ladies to continue the show because everyone looks forward to it in the morning in their robes with a cup of Tea or Coffee.

Despite the fact that we could not organize in-house activities due to the pandemic and lack of adequate space, the Monthly food delivery continued per previous year. A little over 900 hot meals were delivered to members across the city of Montreal including the suburbs. Between seven and nine faithful drivers delivered the meals each Month. Total volunteer hours put in by the delivery team and the board members amounted to a little over three thousand. The Activity and Wellness callers, and other committees spent numerous hours volunteering for the Council. Needless to say, that nonprofit community organization such as ours cannot survive without volunteers.

Some of the objectives of the Council is to organize cultural, social and educational activities to prevent social isolation, support and maintain physical, mental and emotional health. The Social Committee under the Chair ladyship of MS Joyce Armorer (of course with the collaboration of the members) as usual organized various activities such as the Christmas party, Black History Month etc. successfully via Zoom. At least one representative of the Borough of LaSalle was in attendance including the Deputy Mayoress. On behalf of the board of Directors, the Volunteer Staff, and the membership, I say a big thank you to the Mayoress and other officials of the Borough.

The Annual Picnic was the only outside and in-person activity that was held on Friday July 16th 2021 at one of the Borough's Parks. Most of the food, drinks and desserts served at the Picnic were donated by members. Some of the fifty attendees participated in the Bingo game organized by the Social Committee.

In additional to the above activities, Health Care Programs such as Alzheimer, (intergenerational), Thyroid, fall Prevention (kinesiology), Vertigo etc. were also organized with well qualified speakers who did the lectures to the satisfaction of the attendees. It is needless to say that the above programs were well attended.

In effort to encourage the participation of members on the Board especially the young, certain changes have been made in the By-Laws, namely sections 2.02, C; 3.01, D; and 5.02. Please, take note of these sections. The six-member committee (Yvonne Sam, Wilma Alleyne, Pauline Nicholls, Simeon Pompey, Hedy Tailor and Johnson Ariwei) appointed to amend the By-Laws worked painstakingly for over five months, meeting on a weekly basis to revise it. The By-laws were certified by the Board of directors on May 18h 2022 and later ratified by the general membership on June 8th 2022 at a special meeting held at the Boys and Girls Club located at 8700 Hardy Street LaSalle, Quebec. Even though all members of the above committee worked tirelessly and collaboratively in the amending process, the chairperson MS Yvonne Sam went beyond the call of duty. She put in more hours than the rest of the committee members and we all owe her gratitude, A big thank you MS Sam. We also thank the other members of the committee for their dedication and commitment.

We must thank the Volunteer Staff MS Cynthia Davidson, and MS Yvette Clarke for volunteering their time to do the day-to-day business of the Council with dedication. We could not have kept the Centre open without these two ladies. On behalf of the board of Directors and the general membership I thank you from the bottom of my heart.

Where CBAC goes from here in terms of staff, recruitment should not be the challenge or concern for one individual but for all of us, especially the in-coming Board of Directors. In order to attract the right employees to fill the vacant positions of the Council we must learn to be resourceful, creative and adopt to the new reality of the job market since the options available to employees are more than those of the employers. The out-going board of directors will be available to assist you if needed. We will only achieve our desired outcome if we work collaboratively.

In conclusion, the work and decisions of the President in a community organization such as ours seems to be very simple but it is more complicated. Some of the decisions made as a leader are not popular and easily embraced by the masses but have to be made for the long-term survival of the Organization. The changes we made regarding job titles, salary structures, staff incentives, employees work schedules etc. are in accordance with the changing job markets. The best way to understand the reasons is to ask questions with very open minds in order to avail yourself of the truth.

I thank all the volunteers, the staff and the board of directors who worked with me patiently and with dedication in the past three years (one as Treasurer and two as President) to serve the Council. I am deeply humbled and extremely gratified for giving me the opportunity to serve the Council. Again, thank you.

Humbly Submitted by Johnson Ariwei



The Council for Black Aging Community of Montreal Inc. Le conseil des Personnes Âgées de la Communauté Noire de Montréal Inc.



The Council for Black Aging Community of Montreal Inc. is a charitable, non-profit corporation incorporated in 1987 to address the specific needs of Montreal's Black native-born and

West Indian/Caribbean Anglophone seniors, and to advocate on their behalf

The Council for Black Aging Community of Montreal Inc. exists to provide services: to be an emotional support network; to organize activities and create opportunities for seniors to engage in social, recreational, cultural, and educational activities; to enhance their quality of life and to prevent social isolation. To foster continued engagement in the community; and to promote, encourage and assist seniors to maintain for as long as possible, their



autonomy and independence at home.

Acquisition and ownership of premises for the Council.



Respect, mindfulness, caring, patience, integrity, honesty, professionalism, service, excellence, accountability,

transparency, and confidentiality.





Board of Directors

Johnson Ariwei – President

Debbie Hunte - Vice President

Veronica Payne - Treasurer

Yvette Clarke – Secretary

Clifford Dolphy - Public Relations Officer

Joyce Forte – Director

Yvonne Sam – Director

Edris Roberts- Director

Cynthia Davidson - Director

Auditor

Amstutz Inc 66 aut. Transcanadienne, suite 202 Pointe Claire QC H9R 4S2

Bookkeeper

Comité Jeunesse NDG 3757 av. Prud'homme Suite 100 Montréal QC H4A 3H8

Attorney

Mao Chambers 650 4141 rue Sherbrooke West Westmount QC H3Z 1B8

Administrative Staff

Katrina Nurse – Executive Director Danya Morris Administrative Assistant

Interim Administrative Staff

Yvette Clarke Cynthia Davidson Yvonne Sam Johnson Ariwei

Contracted Instructors

Manon Lacroix – Chair Yoga Shiata Lewis – Folk Dance Megan Mcloughlin – Art/Painting Raquel Huggins – SocaFitt

Bankers

Bank of Montreal 7189 boul. Newman, LaSalle H8N 2K3

Registered Office

7401 suite 6 LaSalle QC H8N 1X3 514 935-4951

Email cbacmtl@gmail.com

Website: www.cbacm.org

2021-2022 AGM Report





April 2021 marked the beginning of a new Fiscal year for CBAC, and the organization was facing yet another challenging year of serving the interests of its members while at the same time safely navigating stringent COVID19 protocols.

But CBAC is a resilient organization and unlike any other time in its history, the organization with over two hundred members was determined to forge forward, to fulfill the goal of preventing social isolation among its senior community and to truly live up to its moto 'Respect- Mindfulness-Caring'.

The previous year had brought about many changes. When government imposed protocols prevented in-person meetings and gatherings, the administration had quickly strategized to find ways of keeping its seniors actively and socially engaged. To this end CBAC's administration successfully introduced a new virtual communications technology called **Zoom** to its seniors.

The progress made by the seniors in learning this new technology was remarkable, and by April 2021, many who one year earlier were just novices at basic computer skills had become quite proficient users of the new technology.

Thanks to the collaborative efforts and hard work of Katrina Nurse, executive director, Danya Morris, administrative assistant, tech support individuals and instructors, activities such as yoga, art, folk dance and SocaFit continued to be staples on the members' weekly calendars - albeit offered solely via **Zoom**.

In August 2021, the organization saw the departure of both the executive director and the admin. Assistant, but with the help of an interim team of volunteers the organization stayed its course, committed to its primary goal of preventing senior isolation among the senior community.

By this time, **Zoom** had become the standard form of interaction for CBAC's members and virtual meetings were the norm. Throughout the year, planned activities and programs continued seamlessly.

Assessing their performance over the past year, CBAC's members and administration alike, could no doubt give themselves a 'nod of approval', for the organization as a whole had successfully overcome the challenges posed by the Covid19 pandemic.



Funders and Donors

As a non-profit organization, CBAC is dependent upon the financial support of Funders and Donors in order to accomplish set goals and ultimately, to fulfill its mission.

CBAC extends appreciation and sincere thanks to its **Funders** and **Donors** for their continued financial support.

Thank You Thank you Thank you

In 2021-2022, CBAC purchased a number of additional resources ie. laptops and computer tablets with the aim of expanding its programs. These purchases were made possible by the financial donations from our Funders and Donors. As a result, CBAC was able to double the number of computer classes offered which in turn led to an increase in the number of seniors participating in the computer programs and to the number of members participating in virtual events via Zoom.



BRUCE RAMSAY (US donor) THE BENEVITY (Community impact fund)

BTW(Black TheatreWorkshop)

JEAN LOUIS PLOUFFE

PRAIRIE PORTER INC.

CBAC MEMBERS

Thank You Thank You Thank You





Throughout the course of the pandemic, protecting the health of its seniors was a major priority for CBAC's administration.

Initially, Government enforced preventative measures restricted seniors from gathering at the center but by May of 2021 Government announced a gradual loosening of Covid19 restrictions and CBAC was ready and eager to open its doors once again to limited numbers of visitors while still adhering to protocols such as wearing masks, distancing and sanitizing.



As can be imagined CBAC's drop-in center needed a constant supply of hand sanitizers, masks, and other necessary equipment.

With the loan of a Vaxi Code Verifier machine graciously delivered to us by Karine Mathieu, *City of Montreal*,



Lasalle, and a constant supply of PPEs (personal protective equipment) and sanitizers from Soutien Organismes Communautaires, CBAC was well equipped and prepared for a safe and smooth re-opening.

CBAC extends a sincere 'Thank you' to Karine Mathieu and to Soutien Organismes Communautaires for their help in keeping our seniors safe.



After many months of social distancing, members welcomed the opportunity to 'drop-in' to the center once again.





Departures

In August of 2021, to the dismay of the entire membership, our very proficient administrative team of Katrina Nurse, Executive Director and Danya Morris, Administrative assistant resigned their positions with CBAC to pursue career advancement opportunities.

Thank you Katrina and Danya for your dedicated service and hardworking ethics.









With the departure of the Executive Director and Administrative Assistant, a selection committee comprising of, Johnson Ariwei, Yvonne Sam, Wilma Alleyne and Erene Anthony was formed and tasked with finding suitable applicants to fill the two vacant positions. This however, proved to be 'no easy task'.

During the interim period, a dedicated team of volunteers and the President, supported by the Board of Directors and committees, quickly stepped 'up to the plate' to ensure a smooth transitional period.

Programs, activities and events continued throughout the year with many memorable events all of which are recorded in the committee reports.



Program Reports

- ∔ Overview
- 📥 Chair Yoga
- Folk Dance
- 📥 SocaFitt
- 4 Art
- # Handeraft
- Line Dance



During the year as COVID-19 continued its way in the community, CBAC maintained its activities through the work of its board, staff, and volunteers. Through the effective use of the Zoom platform, members were able to continue and enjoy their favoured physical activities: Chair Yoga, Folk Dance, and SocaFitt (physical exercise done to Caribbean music).

Physical activity is important to seniors. It helps maintain stamina, bone and muscle strength, both of which a critical to seniors as their aging bodies become susceptible to falls leading to broken bones and subsequent hospitalisations. Physical exercise also helps to reduce stress and depression leading to dementia, a particular concern for seniors.

Less social interactions and communication leading to isolation among members is of concern to CBAC, since many of our seniors live alone. To alleviate this situation and its potential problems of poor mental health and cognitive decline, CBAC held a Wednesday Morning Tea (see report). In addition to this, there were presentations and discussions on wide-ranging subjects. Some of these addressed health care concerns:

Hepatitis C- What it is and how to avoid contracting it- Louis Joseph Benoit – Centre d'aide aux personnes atteintes de l'hepatite C

Calling the Shots – Question and Answer On Covid-19 vaccine – Dr Malek Sbih (CIUSSS de l'Ouest-de-l'Île-de-Montréal)

Fall Prevention Risk and Protective Factors regarding Falls – Philippe Briand- CCOMTL

Preventing Elder Abuse: an interactive presentation — RECCA- (Resources Ehtnoculturelles contre L'abus envers les ainé (es))

Thyroid Awareness – Donna Miniely – Thyroid Canada Members also participated in and benefitted from other online workshops and presentations:

Webinar on Elder Abuse – Seniors Action Quebec
Webinar - Are Your Legal Affairs in Order? - Seniors Action Quebec



Sharing Our Memories - Our Stories - engAGE — Concordia University Centre for Research on Aging.

This was a presentation during Black History Month. One of our members, Louise Paul, made the opening remarks for the launching of this series of workshops.

International Day of the Older Person: a free public panel — engAGE- Concordia University Centre for Research on Aging.

Two of our members: Yvonne Sam and NOji Mzilikazi were members of this panel that addressed the status of seniors in Quebec society.

In addition to the above-mentioned, seven members took part in a long-term project with two students from Dawson College: Alicia Richardson and Glory Obazee. The **Pandemic Project** followed the seniors over the course of two semesters from September to May as they conveyed their experiences and coping methods in dealing with the ongoing COVID-19 pandemic.

In spite of the challenges faced CBAC, continued to keep members engaged in physical activities via the ZOOM platform.



Chair Yoga

Chair yoga can improve flexibility, concentration, and strength, while boosting mood, and reducing stress and joint strain. This is of importance for seniors with reduced mobility and with few social contacts.

"When I offer my chair yoga classes, my hope is that the participants feel more comfortable in their bodies and after class that they feel more peace in their mind and heart.

According to the feedback we have received, the members are satisfied with the class, its

content, and its format. They report feeling happier and healthier overall"







Folk Dance

The Folk Dance classes at CBAC provides a means for our seniors, most of whom immigrated to Quebec when young, to get in touch with their roots. At the same time dance is an excellent form of exercise. It is good for the heart, increases strength and helps with balance

and coordination.

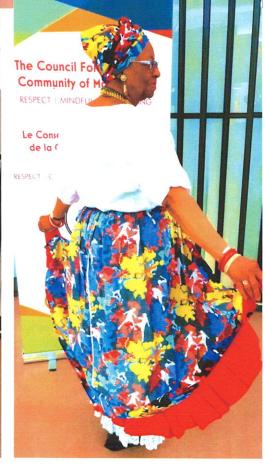
"West Can is a Afro Caribbean Folk performing group based in Montreal. The group specializes in performing and teaching traditional Caribbean drumming, dancing, singing and storytelling.

The weekly CBAC Caribbean Folk dance classes are well attended. The participants are encouraged to move to the sweet sounds of

calypso and soca. All while dancing to the beats and using traditional foot work to execute the movements. They also learn about the history and

characterization of each dance. possible, When the dancers are accompanied by the drums and get a chance to practice the call and response songs "that are associated with the rhythms. Shiata Lewis-Folk Dance Instructor.





2021-2022 AGM Report





Soca Fitt

Regular exercise is important for seniors it reduces the risk of heart disease helps to manage blood sugar, oxygen levels, and weight control, improves mental health, cognitive ability and reduce the risk of falls. This is important for seniors to maintain their independence.

"SocaFit Mixes the classic the contemporary and the Caribbean. Using the upbeat tempo of Soca music to motivate, stimulate and activate the passion for fitness. SocaFit adds a variety of strength, flexibility, and endurance exercises to keep heart rates up and muscles working.

SocaFit is an important part of our senior's weekly routine, as we strive to give them better heath and fitness. Encouragement and consistency is a priority in our fitness program, adjusting our workouts to accommodate the preferences of our team.

The power of movement comes in many different forms, our goal is for SocaFit to touch the mind, body and soul of our community. It brings joy and laughter and a healthier body.

Raquel Huggins- SocaFit instructor



Art

Painting classes forces people to use both sides of their brain simultaneously, improves handeye coordination and fine motor skills. This helps creativity and increases cognitive function. Learning a new skill increases brain activity without struggle. Painting classes enable seniors to make friends and use their social skills in a very relaxed, no pressure atmosphere. Seniors who participate in art classes are shown to have improved cognitive function and be a better mood overall.



As the pandemic progressed over the last year, the art class continued to strive forward. With the opening and closings of public spaces, we met in person when we could as well as continued online. CBAC's Art class members have been working hard developing and fine tuning their painting skills, while emotionally supporting each other during this difficult time. The art class provides an open-minded safe space for all CBAC members to embrace their vulnerabilities through overcoming new painting challenges and supporting each other's creativity and uniqueness.

Megan Mcloughlin - Instructor



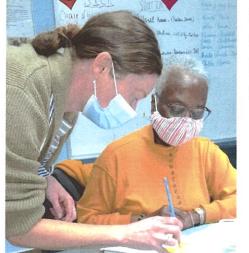
Art cont'd

This year the art students have progressed from painting three-dimensional shapes to create proportional structures within their paintings, learned how to shade and add constellations to their nighttime city skylines.

This highly contagious amazing atmosphere is created by the members themselves; it

unconditionally encourages everyone to elevate their talents through camaraderie and sharing their progress

with each other, both on Zoom and in person.

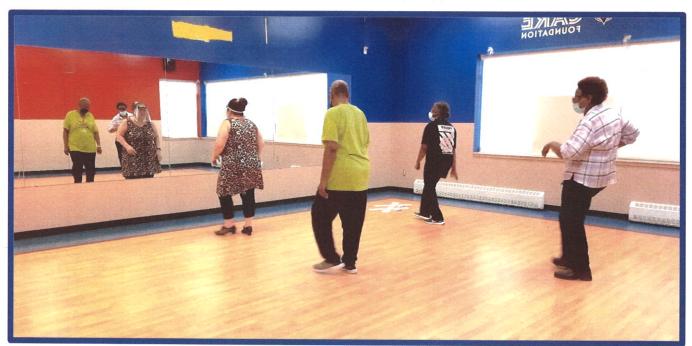








Line Dance - Nathalie Blais - Instructor



"A 2003 study in the New England Journal of Medicine by researchers at the Albert Einstein College of Medicine discovered that dance can decidedly improve brain health. The study investigated the effect leisure activities had on the risk of dementia in the elderly. The researchers looked at the effects of 11 different types



of physical activity, including cycling, golf, swimming, and tennis, but found that only one of the activities studied – dance – lowered participants' risk of dementia. According to the researchers, dancing involves both a mental effort and social interaction and that this type of stimulation helped reduce risk of dementia."

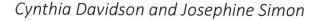
Scott Edwards, a freelance science writer based in Massachusetts



Handcraft

For seniors, practising handcrafts is important for many reasons, it helps to develop and maintain fine -motor skills, hand-eye coordination, and creativity. Engaging in handcrafts has been shown to reduce the chance of developing mild cognitive impairment, since it requires that you use many parts of the brain at the same time.

The handcraft group of CBAC continued to meet in person during the pandemic following the protocols as dictated by the health department. These weekly two-hour meetings helped to considerably to break the social isolation while allowing members to express their creativity. At the end of year, a donation of hats scarves and a sweater was made to Chez Doris









Computer Program













Committee Reports

- Wednesday Morning Tea
- 📥 Social Committee
- Wellness Committee



Committee Reports

- Wednesday Morning Tea
- 📥 Social Committee
- Wellness Committee





Wednesday Morning 7ea 2021 - 2022

Wednesday Morning Tea (WMT) is a virtual Zoom meeting for members and friends of CBAC to communicate and socialize from the comfort and safety of their own homes. This tradition was initiated by the former executive director in 2020, during the COVID-19 pandemic. It replaced Community Lunches that featured invited speakers.

Main Objectives:

- (1) To help to reduce or eliminate some of the stress, loneliness, and isolation experienced by our members;
- (2) To fulfil the mandated requirement of the CBAC to its seniors. i.e., to hold information sessions.

Since October 2021, Wilma Alleyne and Yvette Christie were charged with hosting the WMT and Birthday Toast events.

The Wednesday Morning Teas were initially held on a biweekly basis until January 2022, when members asked to hold it on a weekly basis. In the month of April, as the weather improved, the members agreed to discontinue the WMTs as of the month of May 2022.

On February 16, 2022, Akil Alleyne introduced us to the histories of two little-known historical Canadian Black communities: - the Wilberforce Colony in Ontario and Amber Valley in Alberta.

Also on February 16, Hedy Taylor brought to life the story of Montreal musical icon Daisy Sweeney, who personally knew some of our members and who was recently honoured with a mural in Little Burgundy.

On February 23, 2022, Sydney Braithwaite spoke on the life and times of Marcus Garvey.

March 2022 (International Women's Month):

On March 2, 2022, Lucille Grant gave us the history of the Coloured Women's Club and prominent members of Montreal's Black community whom the Club honoured over the years.

Juliet Enoch delivered her "Did you Know?" presentation sharing historic, geographic, and religious perspectives on the origins of ancient Black civilizations.

On March 9, 2022, Merley Cumberbatch honoured a "Woman of Substance" in the community, GRACE CAMPBELL, who managed 'Woman on the Rise, 'an organization for young mothers with children aged five years and younger.

March 23, 2022: Shiata Lewis wowed us with an intergenerational dance featuring one of our members, Alexandrina Edgar, and a young member of the West Can Dancers.

Also on March 23, 5 CBAC members reminisced about the historical, geographical, and political aspects of their memorable trip to South Africa in 2007, which was organized by the Coloured Women's Club.

March 30, 2022: Dr. Dorothy Wills told us the story of "Living Black in Canada" in the 1950s and '60s.

Respectfully submitted by
Wilma Alleyne and Yvette Christie
(Wednesday Morning Tea coordinators)
May 19, 2022





Social Committee 2021 - 2022

Easter 2021

The Easter Program was again presented by our members: lots of poetry, singing, comedy and a story about Hot cross buns.

Mothers' Day 2021

We honoured mothers in poetry, comedy and song and talked about mothers as angels.

July 2021 – Annual Picnic

This was scheduled for Marie-Claire-Kirkland-Casgrain-Parc, but in the morning, the City of LaSalle decided that the park was not feasible. We were given the adjacent park near the rapids. The day was beautiful, hot, and sunny. Tables and chairs were supplied by the City of LaSalle, and our committee had: a "queen of the day", half and half drawing, and bingo which was played by all. The music supplied for the day was Fatima Wilson on the Steelpan.

December 2021 Christmas Presentation

Our theme was "A Christmas of Hope". We had a beautiful programme in which many of our members participated in poetry, singing, comedy and a skit. We were not fortunate to have our mayor, Mme Manon Barbe, present, but she was represented by Mme Lise Zarac, and the team of borough Councillors. Musical entertainment was supplied by Ukpöng Etang on the steelpan. With his rendition of Let it Snow and O Christmas Tree. Also, the golden voice of Rachael Ariwei, our president's daughter, from Toronto belting out "Joy to the World and O Holy Night.

Our CBAC Folk Dancers were exceptional. We were also entertained by the Union United Church Band.

February 2021 – Black History Month Programming

Most of our members came up with some brilliant ideas, and at this event we honoured our eldest member, Mme Florence Westmoreland, who is 99 years of age. Her niece Saundra Samuels Anierobi, gave us a history of her past life. She received a dozen red roses which was delivered by our local florist.

The Chairperson presented a brief history of Sojourner Truth, a former slave, from the United States of America. A history of one of our Montreal stalwarts, Mrs. Daisy Sweeney, sister of the world-famed pianist, Oscar Peterson was also presented.

We also viewed a video presentation of ten dances from Nigeria.

Prior to this event there had been presentations by Mr. Akil Alleyne on the history of the Wilberforce Colony in Ontario, and by Duke Eatmon on the history of black music in Montreal. The history of the Wilberforce settlement was unknown to the black community, and it surely opened our eyes. We had a pictorial showing of our past presidents and a moment of silence for those no longer among us.

The Social committee which is comprised of five members, following the departure of one member in January, wishes to thank the CBAC for allowing us to be at the helm of the events.

Respectfully submitted

Joyce Forte Armorer Chairperson



Committee Reports

Wellness Committee 2021 - 2022

"Wellness is the act of practicing healthy habits on a daily basis to attain better physical and mental health outcomes, so that instead of just surviving, you're thriving."

This committee is concerned with the well-being of CBAC members. Volunteers call to inform members about upcoming activities, outings, meetings etc. They (She) send(s) cards to those who are ill, or recovering, and those who are grieving. They call weekly making enquiries into the general, physical health of members assuring them that there are those who are thinking about them.

These calls help to reduce the sense of social isolation that those who are sick and/or infirm may sometimes feel. (See report). The work done by this committee has been especially invaluable during the pandemic, when many were unable to interact socially with family, friends, and acquaintances. The work of this committee creates an atmosphere of 'family' within CBAC rather than that of an impersonal organization.

Submitted by Angela Phillips



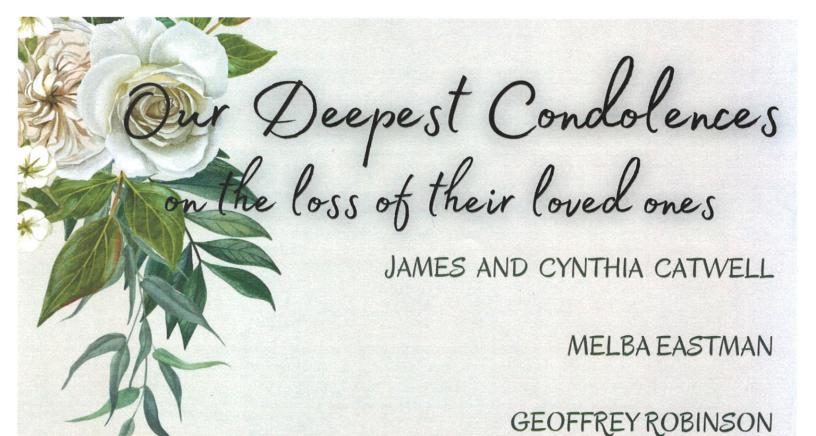
Cards Sent 2021 - 2022

Cards that have been sent to members who were: not well, "Thinking of you" cards, members who have lost someone in their family, and members who have died.

Submitted by Claire Kirven



Thelma Hewitt Tudith Folker Toyce Cuxwen Jeoria Burdon Scofield Tackson Sheila Benjamin Esie Weeks Toll Laurier Muriel Cassell Lynette Leacock John Leacock Toyce Lice Thinking Acice King of you Violet Huggins



EDRIS ROBERTS

SUSAN CLARKE

SIDNEYBRAITHWAITE

DARRAH VIRGO

VERA BARRINGTON

VERONICA PAYNE

ELVA JACKSON

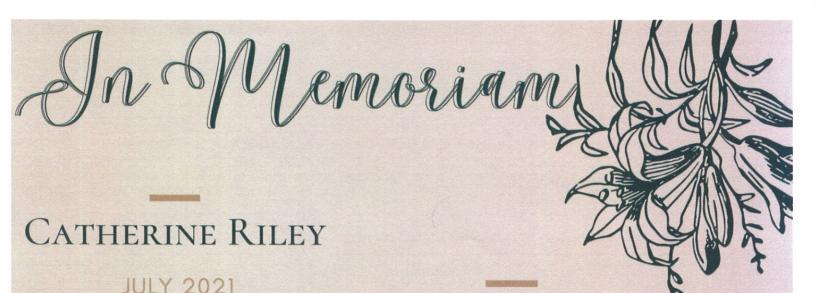
TREVOR AND PAULINE THOMPSON

NORMA SINCLAIR

THELMA CARTER

SAUNDRA SAMUELS-ANIEROBI





MURIEL JENNINGS

AUGUST 2021

SYDNEY SHARPER

AUGUST 2021

AGNES STRACHAN

SEPTEMBER 2021

CLARISTA LAMBKIN (SYBIL CARRINGTON)

OCTOBER 2021



GERALD SINCLAIR

JANUARY 2022

JOYCE RICE

MAY 2022



Highlights of the Year



Highlights of the Year

Summer Picnic 2021

The annual picnic held at Marie-Claire-Kirkland-Casgrain Parc at 8970 Lasalle Blvd on July 23rd was without a doubt the main highlight of the summer 2021 activities. Attended by over one hundred members and friends of the organization, it was the first social gathering of members since the start of the pandemic one year earlier.



Friendly camaraderie was the order of the day and although the wearing of masks was strongly advised, members were free to socialize and engage at will. Picnickers were treated to a superb 'pot-luck' spread of homemade delicious dishes, refreshing ice cream treats supplied by *Scoop Therapy* and

lively entertaining steel pan music performed by *Hands of Steel Entertainment*.







The day's activities culminated with a game of Bingo hosted by Joyce Armorer Forte, Social committee chair person, and the crowning of the 'Queen for the day', Pauline Nicholls.

'Thank you' to all the participants who helped to make our picnic a very successful summer event.



Highlights of the year

Christmas Celebrations 2021

With Protocols still in effect, finding ways of celebrating the Christmas season took a bit of brainstorming by the social and planning committees, but the final plan resulted in a very unique Christmas celebration at the center.

Instead of the usual community meal delivery, the committees' plan was to have a CBAC Christmas *Open House*. As usual it took a host of volunteers to prepare and to make sure that



For two days, on December 8th and December 9th CBAC's members were welcomed in groups of ten to a festively decorated center and treated to the sounds of traditional

Christmas music, refreshments, gift bags containing a variety of goodies and above all, the opportunity to socialize and celebrate with other fellow members.



Highlights of the year

Christmas Celebrations 2021 cont'd



The season's celebrations cumulated on December 10th with a virtual Christmas variety concert entitled 'Christmas of Hope.' The program was chaired by Joyce Forte Armorer, social committee chair and featured members and invited guest artists presenting songs, poetry, steelpan music, folkdance performances and skits.

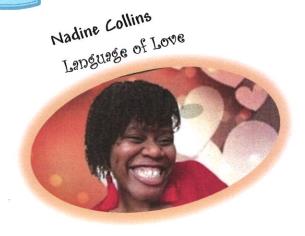
Judging from the feedback, the celebrations were a huge success and were thoroughly enjoyed by all.



Highlights of the Year

Black History Month February 2022

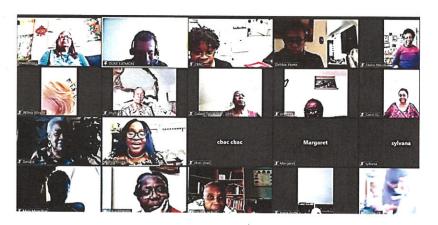






Akil Alleyne Black Settlements in Canada





Duke Eatmon







AGM Report



Highlights of the year

Community Meals

The delivery of hot meals to the members of the organization once a month began during the first year of the COVID19 Pandemic when protocols were strictly enforced and staff and members were prohibited from meeting at the center for the usual community 'pot luck'





Organizing and delivering these community meals was a huge undertaking as it involved a great deal of planning: from selection of vendors, planning menus, preparing maps and engaging a host of volunteers for packing and delivery.

From April 2021 to March 2022 the Organization delivered **923** community meals to its seniors. This undertaking was certainly one of CBAC's huge successes of the Covid19 pandemic years.







'Thank you' to All the volunteers who participated in making our community meal deliveries so successful.



Highlights of the Year

Community Lunch Deliveries





Special Projects



Special Projects 2021-2022

Pandemic Project

This was an eight-month project with Alicia Richardson and Glory Obazee two students from Dawson College's Social Studies Programme. They held weekly conversations individually with

seven volunteer members of CBAC. During the conversations, members discussed their feelings, thoughts and hopes as the pandemic began and progressed.



Revision of the By-Laws



Under the guidance of Ms. Yvonne Sam, the By-Laws committee met weekly via Zoom. The membership ratified the revised By-Laws on June 8^{th} 2022.



Statistical Report



Membership At a Glance 2021 – 2022 Membership

Туре	Male	Female	Total
Regular Paid up	11	88	99
Long Term (over 80)	12	67	79
New Members	2	4	6
Deceased	2	3	5

Member Participation – Activities

Activity	Male	Female	Total Participants
Chair Yoga	32	351	383
Art	0	219	219
Folk Dance	0	407	407
Wednesday Morning Tea & Birthday Toast	40	404	444
Birthday Toast	0	63	63
Community Lunch - Delivery	70	829	899
Information Sessions	15	275	290
Mother's Day Special	0	62	62
Easter Parade Extravaganza	4	57	61
Drop-ins including Christmas Drop-in	100	1,081	1,181
Annual Picnic	5	95	100
AquaFitt	30	271	311
SocaFitt	0	137	137
Handcraft	0	360	360



Member Participation – Activities

Activity	Male	Female	Total Participants
Black History Month – Activities	5	142	147
Annual Picnic	5	95	100
Pandemic Project	1	6	7
Christmas of Hope- Variety Show	3	52	55



Volunteer Hours

Activity	No. hours
Community Lunch- Deliveries	360
Activity Calls	603
Wellness calls – Sick and Shut-Ins	80
Morning calls	50
Board Meetings	300
Special Meetings	36
Easter Parade Presentation	50
Mother's Day Special	50
Annual Picnic	60
Office and Clerical work	2,500
Employee Manual (in progress)	270
Policies and Procedures Manual (in progress)	180
By-Laws Project	225
Christmas of Hope	80
Christmas Drop In	50
Black History Month Presentation	100
Fundraising Committee	80
Selection Committee	80



Volunteers 2021 - 2022

CBAC like most non-profit organisation relies heavily on the contribution in time and energy of its volunteers. During the past year the organisation was able to continue its work while planning its future, thanks in a large part to the efforts of its volunteers. They "manned the fort" in the absence, during the latter part of the year, of an Executive Director and Administrative Assistant.

Activity & Event Callers

Anne Sampson

AnnMarie Clarke

Betty Joseph

Carolyn Garnett

Claire Kirven

Cynthia Davidson

Denise Nurse

Elaine Nixon

Joelle Lafleur

Josephine Simon

Joyce Forte Armorer

Linda Taylor

Louise Paul – Acting Chair

Merley Cumberbatch

Pauline Nicholls

Saundra Samuels-Anierobi

Thelma Carter

Wilma Alleyne

Community Lunch Deliveries

Albina Elias

Carolyn Robinson

Clifford Dolphy

Debbie Hunte

Desiree Robinson

Elaine Nixon

Geoffrey Robinson

Joelle Lafleur

Johnson Ariwei

Joyce Forte Armorer

Saundra Samuels

Pauline Nicholls

Claire Kirven

Raquel Huggins

Ingrid Pierre

Edris Roberts

Joan Kirton

Veronica Payne

Josephine Simon

Karen Rice

Isa Davidson

Nomination Committee

Louise Paul Thelma Carter



Volunteers 2021 - 2022

Building Committee

Clifford Dolphy
Christopher Jones
Debbie Hunte
Johnson Ariwei – Chair
Raquel Huggins
Saundra Samuels-Anierobi
Veronica Payne
Yvette Clarke
Yvonne Sam

Financial Committee

Debbie Hunte Ingrid Pierre Johnson Ariwei Veronica Payne - Chair Yvette Clarke

Fundraising Committee

Cynthia Davidson Edris Roberts Veronica Payne - Chair Yvonne Sam Louise Paul

Wellness Committee

Angela Phillips - Chair Denise Nurse Elaine Nixon Johnson Ariwei Lucille Grant Pauline Nicholls Thelma Carter Vera Barringtoon

Social & Entertainment Committee

Clifford Dolphy
Joyce Forte-Armorer – Chair
Pauline Nicholls
Yvette Christie
Yvonne Rice
Wilma Alleyne

Programme Committee

Cynthia Davidson Louise Paul - Chair Yvette Clarke



Volunteers 2021 - 2022

By-Laws Project

Pauline Nicholls Hedy Taylor Wilma Alleyne Yvonne Sam Johnson Ariwei Jewel Jones

Behind the Scenes

Melika Forde Shiata Lewis Isa Daidson Raquel Huggins Darrah Virgo Danya Morris Katrina Nurse





West Island Black Community Association (WIBCA) - wibca@bellnet.ca

Guyana Cultural Association of Montreal - gcaminfooo@gcaom.org

LaSalle Multicultural Resource Centre lmrc-community@gmail.com

Barbados House- esmith_215@videotron.ca_nigel.clarke@bdc.ca

Jamaica Association- <u>Jamprogrammeservices@jam-montreal.com</u>

John Davids - Researcher@bcrcmontreal.com

Raeanne Francis - md@bcrcmontreal.com

Anju Dhillon(MP) - anju.dhillon@parl.gc.ca

Karine Mathieu- karine.mathieu@montreal.ca

Community Contact - comtact@bellnet.ca

Black Mental Health Connections - <u>bmhcmtl@gmail.com</u>

Table de concertation des aînés de LaSalle (TCAL) - Hélène Lapierre, présidente-

Danielle Roby: danielle.roby@mcgill.ca

Respecting Elders Community Against Abuse (RECCA) recaa.montreal@gmail.com

COMACO: Stephanie Pilon Coordonnatrice de projet communautaire reseau@comaco.qc.

My Dignity Homecare Assistance





LMRC - LaSalle Multicultural Resource Centre

BCRC - Black Community Resource Center

engAGE - Concordia University Centre for Research on Aging

DAWSON COLLEGE

MCGILL UNIVERSITY

COMITE JEUNESE NDG

CIUSSS - de l'Ouest de l'ile de Montreal

(The Montreal West Island Integrated Health and Social Services Center)

LOISIRS LAURENDEAU
DUNTON



For your generous Donations

Chantel Claire Nancy Durant Kirven Veruut Lucille Lattimore Grant Hedy **Taylor** Erene Mabel Anthony Lucy Pinder Bridgeman Beverly Freeman Vera Barrington Henri Adouletchi Clifford Linda Dolphy **Taylor** Johnson Franklin-Halcyee Ruth Ariwei Francois Anderson Knights Maurice Aldwin Ingrid Carol Grant Pierre Garnett 2021-2022 AGM Report





Report compiled by Cynthia Davidson and Yvette Clarke

We would like to express our Heartfelt Gratitude to everyone for your support during this interim period.

*1