In the very early 1970’s, many young Guyanese had migrated to Canada and, in so doing, had also persuaded their parents, most of whom were retired or semi-retired, to accompany them in order to assist them to settle and raise their children. Consequently, the grandparents were left at home in unfamiliar surroundings while their children and grandchildren went off to work and school. The need was identified that we should do something to help these seniors ease their loneliness, get them together for some reminiscing and fellowship—hence the Senior Guyanese Club was born in 1971. In 1973 the Senior Guyanese Friendship Association was registered as a non-profit organization and, thereafter, never stopped running.

We organized bake sales and bazaars, at first reasonably small, but successful, grew from strength to strength with dances, picnics, outings, bus trips, overnight trips. Two of the most memorable bus trips were to West Virginia where we slept in a different city every night with entertainment galore added to the great food and casino trips.

Bus trips included trips to Kitchener-Waterloo, Ottawa, Kingston-Ontario, Washington D.C., Disney World and our yearly weekend camps to Northern Ontario – Camp George and Bark Lake. At our camps, which lasted three days each, we enjoyed barbecues, dancing, games, tug-o-war, cricket, hiking, boating, fishing, concerts–you name it–we let our hair down. We named the camp S.A.G.O.E. acronym for Senior Adult Guyanese Outdoor Experience. Some fond memories of camp days include Leyland Brewster kayaking early in the mornings across the lake and Jim Bovell flipping over in the lake and having trouble getting back in the kayak while the seniors looked on excitedly at the display of Jim’s boatmanship.

Gloria Franklin always took her fishing gear to the camp and was always able to catch a few small fishes. Her sister, our resident pianist as well as Cecil Moore entertained us on the piano, while Janie Fernandes and Jean Reyniers led us in old-time songs. The seniors dressed up for the closing night at the camp and enjoyed themselves dancing—especially Joe and Sheila Gittens, Una Persaud, Lucille–our female Michael Jackson. Stan Thomas was a favourite with his fancy steps. Olive James went up with us to Camp George, especially, to witness the Northern Lights, however, it was difficult to get her out of her bed to do this—what fun we had. We also enjoyed camp fires inside and outside of the camp building.

Another great bus trip was our visit to The Underground Railroad where escaped slaves crossed over from the US to Canada. We had the privilege of visiting ‘Uncle Tom’s Cabin’ and meeting some of his family members—the Henson family. We also visited ‘Uncle Tom’s Grave’ in Chatham, near the US border. During this trip—which lasted more than three days—we went to Motown recording studios. We were able to trace the long journey of the slaves between US and Canada and their means of travel and escape. We also visited a church built by the slaves after arriving in Canada, which stands up to this day, in good shape.

We visited wine stores, flea markets, lavender gardens, Montreal, Quebec City, the lighting up of Niagara Falls during Christmas time and the City of Lights in West Virginia.

Cont’d on page 12
Reflecting on the past year’s activities of SGFA and engaging with our community through the annual newsletter is always a mostly pleasurable one for me, and I hope for you as well. The newsletter is the one way we are able to reach out and touch our members. Both those members we see and bond with on a weekly basis as well as those who come out to our yearly events.

To all of you, on behalf of your Executive and Auxiliary, I send greetings for a happy and healthy 2018.

We are now working to ensure you have a fun filled and interesting 2018, especially since this year we will be celebrating our 45th anniversary.

Planning for our yearly events is not always an easy task. Sometimes it takes several hours of information gathering, then presenting and sifting this information in committee meetings.

At the end, we almost always seem to get it right. I say almost always because we do sometimes ‘drop the ball’.

We started the year with two additions to the executive, Mr. Neville Jardine and Mr. Victor Carrington. The addition of these two gentlemen was an excellent reminder of how much our Association needed new blood.

At the Family Brunch, we tried something new with the Sound of Music theme and karaoke which evoked rounds of laughter.

2017 was Canada’s 150 Anniversary. The Association received a grant to make a video recording the experiences of some of our members from the time they immigrated to Canada. This video was spearheaded by film maker Allison Duke and Mandy Brewster which showcased the experiences of Mr. Cecil Moore, Ms. Lorna Bayley, Mr. Robert Gardener, Ms. Joyce Kawall and Ms. Lucille Charles. Enlightening, humorous and touching, [Changing Seasons], is available to all members of the Association. To obtain a copy please call Mr. Bovell at (416) 492-8557.

In May many SGFA members joined with other members of our community and attended the Guyana Day celebrations in Ottawa sponsored by the Guyana High Commissioner, Mrs. Clarissa Riehl. This day was a joint celebration of Canada’s 150 Anniversary. Our members enjoyed the trip.

Intergenerational Day was quite interesting with presentations by Sandra Brewster, Anthony Macri, Ingrid King and Janet Naidu.

After the success we had with our first attempt in 2016, this time around, though interesting, we did not have the attendance. We would love to see more people of all ages coming out to this important event. Please invite your friends and family to participate on this day again in 2018.

The Bake Sale sold out before it became a sale. Guests arrived looking for food and found they had to content themselves with meeting and greeting, which we enjoyed. Nothing is better than a meeting of Guyanese and ‘ole talk.’ We are appealing to our members, especially the more able-bodied ones, to send/bring donations for this year’s Bake Sale. We look forward to the tasty treats that provide much needed fundraising and provide a reason to come together for a pleasant afternoon.

The breakup day at Dennis Timbrell Community Centre was very well attended. There was lots of food and Mr. Martindale had members singing Christmas carols and playing games.

Our Christmas Dinner, as always, was a wonderful success! Thanks to the work put in by the various executive and auxiliary members. This year we did not have to contend with the elements and our members and their guests were in attendance beautifully attired and ready to party. Mr. DJ Jones did what we expected. “Christmas Black Cake” was a hit thanks to the members who baked, iced, delivered, cut up (Doreen Moore came prepared armed with tape measure and knives), wrapped at Joan McLean’s home.

Oh yes, she did feed us!

Cont’d on page 3
PRESIDENT'S MESSAGE
(cont’d from page 2)

Many thanks to the Executive and Auxiliary members who spent countless hours and great energy in planning the events, to those members who show up on Saturdays at 29 St. Dennis, go on trips, sell tickets for our fundraising events, donate money and baked goods for the bazaar. Special thanks to our ‘walker brigade,’ to Mr. Aubrey Knight if you are looking down from that special place.

Love to all of you!

Carmen Brewster
President

DONATIONS FOR DVD – “CHANGING SEASONS”
The Organization received a total of $658.00 in donations for the DVD “Changing Seasons.”

Jim Bovell
Treasurer

COMMITTEE REPORTS

FINANCIAL
A Financial Statement showing the details of the activities for the year 2017 will be presented at the Annual General Meeting scheduled for March 17, 2018.

MEMBERSHIP
Membership dues of $20.00 for year 2018, and outstanding amounts for prior years, must be paid by June 30, 2018 to maintain active membership status.

There were 219 active members including 10 new registrants in the organization as of December 31, 2017.

HURRICANE RELIEF DONATION
The Senior Guyanese Friendship Association deposited a total of $1,265.00 to the Registered Charitable Entity, set up at the Royal Bank of Canada, to receive hurricane donations for Antigua and Barbuda. Details are as follows:

The Senior Guyanese Friendship Association will be hosting a fundraiser for The Palms Senior Home in Georgetown, Guyana. We are putting out a call to all members to assist with the fundraising efforts. We would like to move forward in an organized manner assigning specific items to interested individuals so that we garnish the most fulsome array of items. Otherwise, monetary donations will also be accepted. For those interested in donating items please contact, Una Valladares, Doreen Moore or any member of the Executive.

Una Valladares

ANNUAL GENERAL MEETING

March 17, 2018 from 2:00 p.m. to 5:00 p.m.
Dennis Timbrell Community Center – 29 St. Dennis Dr.
On April 19th 2017, 19 participants made up of members and friends, attended a Show at Ed Mirvish Theatre to see “The Bodyguard”. It was very entertaining and enjoyable.

The next outing was on May 21st 2017. We were invited by The High Commissioner of the Co-operative Republic of Guyana, to Ottawa, Mrs. Clarissa Riehl to participate in the celebration of Guyanese Culture and Diversity, on the occasion of Guyana’s 51st Independence Anniversary, and Canada’s 150th Confederation Anniversary. We travelled by Coach, spent one night in Kingston, and one night in Ottawa, three days overall. Everyone enjoyed the trip.

On July 22nd 2017, we were on the road to Casino Rama, for a fun day of playing the machines, and a very enjoyable complimentary luncheon. The Bus was filled with 55 adventurous Seniors and friends.

Our Annual Family Picnic took place on August 12th 2017, at our favourite Lakeview Park, in Oshawa. We had a great time, lots of food, competitive games, and our resident Guru of Exercise, Victor, even convinced some of us to do some stretching. Unfortunately, it started to rain heavily about 3pm, and even though we were in a covered area, some of our stuff got wet, and the ground was soaked. We were all damp, so we packed up and left an hour early to head home, hoping for sunnier days.

Barbara Wong
Asst. Coordinator of Activities

2017 TRIPS AND ACTIVITIES

STRIKES AND SPARES AT THE BOWLING ALLEY

This is year 2018 and the two bowling teams are about to embark on another year of bowling. The Senior Guyanese Friendship Association has two teams. Doreen (Fern) Bovell is leader of Team ‘A’, and Carmen Brewster is leader of Team ‘B’.

When the teams resume bowling in April 2018, a few changes will be made in terms of shuffling players around. Some people feel there is an imbalance, therefore, the two team leaders will be given the opportunity to choose their players. During the year 2017, four new people joined the group. We gladly welcomed Joan McLean, Daphne Allen, Myrna Bullen and Una Valladares. The Senior Guyanese Friendship Association now has 23 bowlers.

For those people who do not wish to join our bowling group, please feel free to at least attend the games and cheer us on. Starting in April, the schedule will be every third Thursday of the month, at 3.30 p.m. Playtime may change as we get closer to summer. The Location is the Parkway Mall, 67 Ellesmere Road, Scarborough (416-447-1761).

At the annual Christmas Dinner/Dance held at the Rembrandt Banquet Hall on Saturday, November 25, 2017, the Treasurer announced that no trophies, plaques or ribbons will be presented to the winning team as was done previously. Instead, players were acknowledged based on their individual total points scored for the year. Of course, if players do not attend every bowling event, their scores will obviously be low.

The overall winner was Barbara Wong, with a total of 7 strikes and an accumulation of 1,361 points. She never missed a game.

Other winners:
George France – 1,127 points; Faye D’Oliveira – 1,075 points; Carmen Brewster -1,005 points; Devi Jaipaul -979 points.

Remember, these games are just a form of entertainment, exercise and fun. It’s not whether you win or lose, but how you play the game…you are expected to play fair, be a good sport and have fun.

Doreen Bovell
INTERGENERATIONAL DAY

We held our 2nd Intergeneration Day on August 26th 2017. Our members and friends gave us their support though they had some trials in getting grandchildren to come in larger numbers.

Yep! You seniors can do your own thing.

Ah we youngers ah dance in we own ring!

Our presenters gave us lively informative presentations that brought back memories and give us inspirations to grapple with modernity.

ANTHONY MACRI and MADY BREWSTER moved us through photography from the hooded box to the versatile cell phone cameras. Our generation has seen such dramatic changes and while we reminisced, we marvel at the changes and make every attempt to cope with the new reality.

INGRID KING, our versatile capable intergeneration lady, had her laptop at hand. She reminded us of the old Underwood Typewriter which our seniors mastered in their office work and that today that keyboard mastery is ever present in laptop usage and cell phone texting.

Laptop usage as well as Desk Top usage are all within our capability, plus the fantastic range of cell phones for us seniors to stay close to our children and grandchildren.

A writer with three books to her credit, the inspired JANET NAIDU graced us with her presence and her words of encouragement. No impediment is it for us seniors to put pen to paper and write. Maybe we all should as there is so much history in all of us. A casual interest it was to JANET, but an activity that she enjoyed especially poetic compositions. We seniors marvelled at JANET’S application and were pleased to accept her donation of some of her books.

Victor Carrington apart from welcoming the gathering, led us all into the benefits that us seniors can derive from meditation and exercise.

Too often in life, people pass away and their lives are celebrated with beautiful flowers and sentiment but more often than not they are never told how much their presence meant when they were here with us. Togetherness and love are two things that make us strong. *To steal a quote from Oprah Winfrey. “I’ve always known I stand on the shoulders of giants.”*

The Parent Day Tea Party is a way for us to say thank you and to acknowledge the dedication of our membership. Their camaraderie, love and friendship shared over the last 45 years will never be forgotten.

Thank you for always making the tea party a memorable one.

*Una Valladares*
2017 PICTORIAL MEMORIES
June Veecock gave us her presentation on the interaction between old and new, modern and historic while acknowledging the many benefits in the daily living and care of seniors.

She added that it could be quite challenging for the aged. However, notwithstanding the challenges said June Veecock, many seniors have adapted quite well and are able to use technology to stay in touch with family, friends, and society in general.

One generation moving into another and feeling comfortable and at home.

The refreshments provided were delightful. All praises to the members who willingly prepared and brought them.

Carl Veecock

REPORT ON THE 2017 CHRISTMAS PARTY

Your MCs for the night: Victor Carrington and Neville Jardine.

It is common knowledge that Guyanese love to Party, and the opportunity arose when on November 24, 2017, The Senior Guyanese Friendship Association held their 44th Annual Dinner and Dance at the Rembrandt Banquet Hall. From all accounts the dance was a success. The attendance was good. Approx. two hundred and fifty members and long-time supporters showed up for this Gala Event.

‘I’d like to share with you very briefly the history of this unique event -The first Christmas Dinner 44 years ago on a snow stormy day attracted 48 of 49 seniors. The organizers donated food and used their talents to make this first dinner a success. Our senior parents enjoyed the camaraderie, they made friends, exchanged telephone numbers, and soon began planning their own private meetings. Thus the birth of the Christmas Dinner and Dance.’

Feedback….it was brought to the attention of the executive committee that Christmas music was sparsely played at the function. The executive has noted this and be assured action would be taken to remedy this for future engagements.

The Emergency Hurricane Fund for Antigua and Barbuda realized a total of $1,265.00. Hearty thanks to all who generously contributed to this worthy cause. The Senior Members who attend center on Saturdays donated $300.00 of that amount. Seniors take a Bow.

Ms. Mishelle Butters, Consul, Guyana Consulate Toronto, Mr. Frank Fernandes, O.Ont. OSJ, Patron of the Alliance of Guyanese Canadian Organizations and Mr. Michael Narain, President of the AGCO brought greetings.

Our Treasurer, Jim Bovell with his usual fanfare presented the Leyland Brewster Award to Lucille Charles and the following members were recipients of the Nonagenarian Award — Nerissa Jones—pianist, singer and dancer, Kathleen Thomas—90 years in 2013, Julie Roberts—designer.

A minute of silence was observed for those who transitioned this life.

The meal was well received and pleasantly served by the very obliging staff. Congratulations to the management and Staff of the Rembrandt for a job well done.

Over to Carmen Brewster our President. In her closing remarks the president thanked members and friends for their continued support, and urged the membership to participate fully in the programmes offered by the SGFA, whether it be bowling, weekly get together, or trips etc. “This I am sure will enhance your social lives”

“Best wishes for a Blessed Christmas and a Happy 2018”

Neville Jardine
REMEMBERANCE

Our association lost a stalwart last November with the passing of one of its founder members, Aubrey Wesley Belmonte Knight.

He was one of our devoted members, regularly attending the weekly meetings and making meaningful contributions to any discussion that was conducted at the time.

He was born on Thursday February 4th 1926 and died just nearly 3 months before his 92nd birthday.

He attended secondary school in Georgetown though he lived in Vreed-en-Hoop, West bank Demerara. His education ended with his acquiring the Overseas Examination School Certificate from the University of Cambridge, locally known as Senior Cambridge. He did not go any further in his education as circumstances at the time dictated that he should seek employment to help support his siblings.

One of the places at which he worked was Sprostons Limited before joining the then British Guiana Public Service at an early age. His career as a public servant spanned nearly 40 years. He served in many departments or ministries. At one time he travelled quite a bit and his knowledge of the interior was quite extensive. He could regale one with some of his experiences.

He knew quite a bit of the history of our “fatherland” and was an asset to our first inter-generational exercise.

Aubrey married at an early age and was the father of five, three boys and two girls. His life was by no means an easy one with his becoming a widower and having to raise the family on his own, but he “soldiered” on as only he could. Incidentally he was a soldier. He joined the Home Guard in 1945 and after the war continued in the Volunteer Corps and finally The British Guiana Volunteer Force. His duties and postings forced him to give up his membership.

I met him in May 1938 when we, both at the age of 12, joined the fledging company of a movement that was new to the country and to us, called The Boys’ Brigade (BB) at St Andrew’s Church of Scotland church in High Street. We attended camp at the Presbyterian Mission at Saxacalli, Essequibo River and had great fun. We played a lot in the hot August sun and got so sun-burnt that when I returned home my mother kept asking where was her son. She was of the same pigmentation as Aubrey. I often wondered what was his mother’s reaction when she set eyes on him. He left the BB in the early forties but would constantly ask about some of his old buddies.

Aubrey will always be remembered for his vast general knowledge and for his willingness to share his equally vast experiences with anyone who was interested.

A fine man! A faithful friend! An educator! A true son of the oil!

Farewell ol’ buddy. Enjoy your well-deserved rest.

Cecil Martindale

LINDA BERLE ABRAHAMS

Linda was not a "card carrying" member of the SGFA, but by virtue of contribution, she was more than that. She was a valued volunteer and a promoter who was happy to lend a hand.

She often manned the Baked Goods bar at our annual bazaar with her sister Joyce and was particularly proud of her donations of sweetbread, pone and sugar cake. She made sure that they were sold FOR A PRETTY PENNY to maximize the donation to the association. She was proudly Guyanese in every way.

Her role at the fall dance was to sell raffle tickets which she did while dancing from table to table strutting her stuff "always" in her stiletto high heels. Whether she realized it or not, she provided a spark to the crowd.

Someone wrote that there is a special place in heaven for volunteers - lovely rooms, beautiful furniture. Hopefully, there is a dance floor as well because Linda LOVED MUSIC...she LOVED TO DANCE.

REST IN PEACE, SISTER!

Joan McLean
Mr. Basil Peters joined the SGFA in 1995. He was a devoted and committed member with a voice as big as he was. He loved to sing and was a regular attendee on the many trips.

He passed away March 12, 2017 and was buried on his 92nd birthday – March 20.

May his soul rest in eternal peace!

IMPORTANT NOTICE TO MEMBERS OF THE GUYANESE COMMUNITY

Membership Has Its Benefits

By being a member of any of the affiliate organizations in The Alliance of Guyanese Canadian Organizations you are eligible for special pricing when making cemetery and funeral arrangements at any of the Arbor Memorial cemeteries and funeral homes.

Families can save thousands of dollars as well as get a free Will & Estate Planning Kit.

If you belong to any of the 14 member organizations please ask your organization leaders for details or call Gideon Exeter of Arbor Memorial at 416-992-4253.

If you are not a member of any of the organizations please inquire as to how you can become a member.

In addition to the savings to individuals and families, Arbor Memorial gives back to the community through the Arbor Foundation, a company that provides grants for projects of organizations and communities. Please call today to inquire.

LAUGHTER

FOR SALE BY OWNER

Complete set of Encyclopedia Britannica, 45 volumes, excellent condition; $200.00 or best offer. No longer needed, got married – wife knows everything.

Teacher – Glen, why do you always get so dirty?

Glen – Well, I’m a lot closer to the ground than you.

Keeping the Boogie Man at Bay

We grew up hearing about, “Ole Higues” feeding on babies; “Bacoos” stoning houses; “Jumbies” frightening people: and the “Boogie Man” coming to get you. I have never seen or encountered an Ole Higue; a Baccoo; nor a Jumbee; but I want to tell you that the Boogie Man is real.

The Boogie Man takes many forms, and none of those forms are good. Most of the tales of Ole Higues, Bacoos, Jumbies, and Boogie Men were in our past, but the Boogie Man I am speaking about is here and now. He has had his way with families, friends and acquaintances, and he is waiting to claim other victims, if we give him a chance.

Are you prepared to let the Boogie Man walk into your home and take over without putting up the fight of your life? Well! If you are not vigilant, unsuspectingly, he arrives and sets up house before you are aware that he is there. When you become conscious of his presence, it’s too late.

Today, the Boogie Man is Alzimers Disease, AD, A disease that affected 29.9 million people in 2015. There is no treatment to date to stop or reverse the effects of AD. It most often begins with people over 65 years of age, although 4% to 5% of cases are earlier onset. It is recorded as one of the most financially costly diseases. The symptoms are, difficulty remembering recent events, problem with language, disorientation, people getting lost, acts of violence, and mood swings.

But there is a lighter side to this situation:

We can prevent the Boogie Man from moving in: If we engage in activities that stimulate the Mind, Body, and Soul, we stand a good chance in preventing the Boogie Man from entering our castle.

The Senior Guyanese Friendship Association, SGFA, is a destination designed to provide a deterrent to the Boogie Man for all who are willing to attend and participate.

The medical minds actively engaged in battling this disease recommend that we keep the mind stimulated, and the body moving. Their advice is to get involved in an exercise program for the body and mind; and learn as many new things as often as you can. We at SGFA, presents the opportunity for our brothers and sisters to connect and share thoughts, ideas, memories, and participate in mind stimulating games and exercises we provide. Please joins us and together we can prevent the Boogie Man from entering our castle.

Victor Carrington
## SATURDAY MEETINGS

March 24 – November 17, 2018: 1:30pm – 5:00pm
Dennis Timbrell Community Center,
29 St. Dennis Dr. 2nd Floor/Gymnasium

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### SPECIAL EVENTS

April 29:
Annual Family Brunch – Rembrandt Hall
Oct 27: Annual Fall Dance
Flippers Fish House
Nov 24: 45th Christmas Dinner & Dance
Peter and Paul Banquet Hall

### EVENTS AT THE COMMUNITY CENTER – GYMNASIUM

May 12: Annual Parents Day Tea - from 2pm to 5pm
Aug 18: Games Afternoon - from 2pm to 5pm
Aug 25: Intergenerational Day - from 2pm to 5pm
Sept 29: Annual Bazaar - from 12 to 5pm

### PICNIC AND TRIPS

March 31: Caribbean Cruise
Please note: we hope to have flyers for all trips at the AGM.

- June 23 - day trip – Clarksburg, Sheffield Park, Black History & Cultural Museum, Lunch, Market, Honey Bee shop, - $70.00 pp
- July 14: Family picnic – Oshawa Park
- Aug 29: Sandbanks with Peter Brotherhood, Prince Edward County

### TRIPS WHICH MAY INTEREST YOU!

#### THE ARK ENCOUNTER

4 day trip: July 16 – 19; or Aug. 27 – 30, 2018

Featuring the Creation Museum, Covington and more.

Call Great Canadian 1-800-461-8687 ext. 280 to book.

Please tell them that you were referred by SGFA.

#### CASINO LAC LEAMY


Please call Great Canadian to book; 1-800-461-8687 ext. 280.
Please tell them that you were referred by SGFA.

Join us for three days of gaming fun, featuring deluxe accommodation at the 5 star Lac Leamy Hilton Hotel. This stunning Hotel is an attraction in itself, and adjoins the casino so you’re free to come and go as you please.

$525 Twin, $495 Quad, $510 Triple, $675 Single – 3 days.
Our time together included jazz concerts at Seneca College, church services at St. James Cathedral and shows at Maple Leaf Gardens and O’keefe Centre to name a few.

Our crowning glory, in terms of trips, was our visit to Guyana in 2010. This visit was full of Nostalgia. We were met by Mr. Jeff DaSilva, the then Consulate General in Toronto who had recently returned to Guyana at the time of our visit. We spent most of our stay in the interior and countryside UNBELIEVABLE! Baganara, Kaiteur Falls, Arrow Point, Bartica, Santa Mission, New Amsterdam, Skeldon Sugar Estate. In Georgetown, we visited the Botanical Gardens and museum.

We had the pleasure of enjoying two cruises to the Eastern and Western Caribbean. A trip to remember was when we missed our connection to catch the cruise ship in Florida because our Delta Airline flight was delayed in Toronto and Air Canada flew us to Kingston, Jamaica to board the cruise ship in Ocho Rios. This change afforded us the luxury of spending the entire weekend in Jamaica while awaiting the arrival of the cruise ship to pick us up—what a weekend that was—lots of entertainment and tours to places such as Bob Marley museum and the ancient site of Port Royal.

Our curriculum includes meeting on Saturdays - doing exercises, crafts, needlework, dominoes, art work, knitting and card and board games. We have successfully held three concerts over the years where we showcased our seniors’ talents as well as guests such as Barney Singh, Habib Khan, Country Kenney, Etobicoke Elvis and Auntie Come See. We honour our Seniors when they achieve the ages of ninety and one hundred years old. Mother Agatha Schroeder, a real stalwart member is going to be 105 years old this year. Our hearty congratulations go out to her and thanks for her many years of blessings that she has showered upon us.

Last year, we successfully made a video highlighting the achievements of The Senior Guyanese Friendship Association.

It is difficult, almost impossible to cram our forty five year journey on one page. This summary gives some semblance of where we have been, where we are and where we are headed—onward and upward…PEACE!

Doreen Moore

MESSAGE FROM THE PRESIDENT OF THE ALLIANCE OF GUYANESE CANADIAN ORGANIZATIONS

To: The Executive and Members of the Senior Guyanese Friendship Association

On behalf of the Patron, Frank Fernandes, Members of the Executive and Member Associations of the Alliance of Guyanese Canadian Organizations, I am delighted to extend congratulations to you on your 45th anniversary.

I take this opportunity to recognize the Senior Guyanese Friendship Association for its unwavering commitment to the welfare of the seniors within and outside the Guyanese community. Your association is a beacon and instills a sense of purpose for seniors. Your association is a shining example of integrity, loyalty, discipline and commitment.

The good news is that seniors are living longer and are more active and healthier than before, which makes your association more relevant in the Guyanese community.

I am proud of your association’s steadfast commitment to the Alliance of Guyanese Canadian Organizations. You are a valued member and your continuous support will ensure its success and longevity.

I wish you continued success in the years ahead and I look forward to celebrating your golden anniversary with you.

It is my hope that your association will continue to inspire and be the foundation for all seniors in the diaspora.

Best wishes always.

Michael Narain
President