



GOLDEN VIEWS

INDO CARIBBEAN GOLDEN AGE ASSOCIATION NEWSLETTER

— FEBRUARY 2022 — www.icgaaseniors.ca —



Shaw Jaundoo
President



Leila Daljit
Vice-President/Co-Founder

ICGAA in times of Covid-19: 'We survived & thrived'

In a Christmas message filled with hope and positivity, the Indo Caribbean Golden Age Association has noted that despite the tribulations wrought by Covid-19, the group has emerged with resilience and vigor that have seen their bonding growing even stronger than before.

As the ICGAA's co-founder, Leila Daljit, and its President, Shaw Jaundoo, noted in the group's message, its members prevailed by sticking together in the bad times in the last two years since Covid-19 began its dark reign.

As the ICGAA's statement noted, "Like the rest of the world, we... were looking forward to getting back to normal in 2021. We were stalwart in mastering the new ways of life, including social distancing, masking, and vaccination. However, despite our best efforts and intentions, Covid-19 continued to be that uninvited guest that showed up to the party, and overstayed its welcome."

However, the ICGAA made two significant adjustments, the statement noted: "[We]... reflected and connected."

It added, "While our members remained vigilant in our lockdown efforts, there was ample time for reflection – and reflect is what we did. As often happens in challenging times, our minds [returned] to earlier days and simpler times. We revisited fond memories of our youth: climbing the mango tree for a prize pick; playing rounders with our friends; or family get-togethers filled with old-time music and all-time fun. Those were the days!"

A significant takeaway this year, the statement noted, was

"the power of culture and memories, both of which saw us through what seemed like endless, and sometimes lonely days".

It added, "Sometimes reflection was painful, but most times it sparked our perseverance to retrieve that happiness... [Our] ICGAA members came back full circle to the original reason we began meeting almost 30 years ago – connection and reconnection."

As Daljit and Jaundoo noted, the group took out its old address books, exchanged email addresses, and continued to reconnect.

"What brought us together 30 years ago, saved us 30 years later. Conversations with old friends and distant family gave us the grounding we needed to stay the course. We joked about 'Old time story', and we exchanged jokes about 'New time story'; we not only survived, but thrived."

ICGAA members have never been more connected, Daljit and Jaundoo noted, adding, "This is a tribute to our personal resilience, the strength of roots, the unity of our culture, and the power of community".

Also, "Whether through a greeting card, email, WhatsApp call, or Zoom, we have stuck together. We went deep within and pulled out the best of our strength and continued to show this pandemic that we are a formidable force of positivity that will prevail."

ICGAA celebrates its 30 years of Golden Age next year.

Article courtesy of Indo Caribbean World • December 15, 2021

Mission: The Indo Caribbean Golden Age Association is a voluntary Association dedicated to improve the quality of life and independence of its members through encouragement, involvement and project. It will strive to meet their leisure, social physical and intellectual needs and to equip them to become active contributors and participants in the Canadian Society.

Come Celebrate With Us

— I.C.G.A.A. EVENTS 2022 —

All Events at Agincourt Recreation Centre, 31 Glenwatford Drive, Scarborough
(Off Sheppard Ave. East of Midland Ave.)

Valentine's Day (Feb.14th)	Sunday	February 6 th	1-5 PM
Holi (Phagwah March 18th))	Sunday	March 13 th	1-5 PM
Eid Ul Fitr (May 3rd).....	Sunday	May 15 th	1-5 PM
Mother's Day (May 8th).....	Sunday	May 1 st	1-5 PM
Father's Day (June 19th).....	Sunday	June 12 th	1-5 PM
Diwali (Oct. 24th).....	Sunday	October 16 th	1-5 PM
Christmas (Dec. 25th)	Sunday	December 11 th	1-5 PM

*We would like to thank our sponsors and volunteers
for their generosity, hard work and dedication.*

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Barb Nandalall, Maurlyn Sukhnandan, Indra Masihlall, Nandini and Nalisha Rooplall*

*MUSICIANS: David Singh, Suresh Hanoman, Stephan Pitamber
SINGERS: Angie Pitamber, Karan Singh, Munir Mohamed, Chanoo. Muni*

Karam Daljit who has served as our Advisor for many years.

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and contribution for the past 28 years for all the Association's printing.*

Special thanks to Jagdish Harry-Paul, Yeshoda Harry-Paul, ICGAA Santa & Miss Claus

2022 I.C.G.A.A. Board of Directors

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