
Time	Description
0:00 (Part A)	Introduction; reasons for living in Vaughan; Jamaica; family; comparison between life in Canada & Jamaica
0:32 (Part B)	Family continued; work life;
4:40 (Part B)	Children; parenthood; family traditions; husband; wedding; relationship lessons
12:40 (Part B)	Religion (Christianity); spiritual experiences; happiest & saddest moments
21:49 (Part B)	People with great influence on her life; friends
26:05 (Part B)	Life lessons; closing remarks